

FRIDAY'S JACKPOT

Lotto MAX

\$40 MILLION
estimated

The world's largest global newspaper

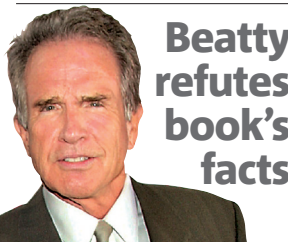
metro

TORONTO • TUESDAY, JANUARY 5, 2010

metronews.ca

Celebrity pg 25

Beatty
refutes
book's
facts



This is just wrong on so many levels

SUSPENDED Police in southern Germany say an officer has been suspended from duty after allegedly having sex in a Catholic church during a service.

Regional police spokesman Hans-Peter Kammerer told the German news agency DAPD yesterday the 26-year-old faces possible disciplinary measures and a criminal complaint for allegedly disturbing religious activities.

He said a visitor discovered the officer with a woman in the church in Rennertshofen, near the Bavarian city of Ingolstadt, during an early morning service last Thursday. The couple then fled, but a church employee recognized the officer.

The man was suspended the following day. Disturbing religious activities can carry a sentence of up to three years in prison.

THE ASSOCIATED PRESS

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3



Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — A look at five medal hopefuls, page 12.



On the web
Visit metronews.ca for news updates

Humane Society **Man's best friend**



James Mbelos gets chummy with Dixie, a one-year-old labrador, yesterday at the Toronto Humane Society. Mbelos adopted the dog for his parents as the humane society was open once again for business after being shut down by authorities last year. Mbelos was the first to adopt a pet at the humane society in 2010. More coverage, page 3.

The race is on

Rocco Rossi first to throw hat in ring for T.O. mayor's seat

The race for the next mayor of Toronto officially got underway yesterday, with top Liberal organizer Rocco Rossi first out of the gate and former deputy premier George Smitherman removing the last barrier to a long-anticipated run at the top job.

Smitherman, who resigned from cabinet in November, gave up the provincial seat he's held for more than a decade Sunday to pave the way for his bid to become Toronto's next mayor.

Known as Premier Dalton McGuinty's right-hand man and top enforcer, the lifelong Liberal said vacating his downtown riding of Toronto Centre was a diffi-

cult but necessary step.

"It was very tough," he said in an interview.

Smitherman, who is currently on vacation with his husband, was tight-lipped about when he will register as a candidate, but said he's ready to tackle the rigours of an election campaign.



Rocco Rossi

Yesterday marked the first day candidates could file nomination papers for the Oct. 25 election, and Rossi wasted no time in putting his name on the ballot.

The former national director of the federal Liberal party reiterated his pledge to cut his salary by 10 per cent if elected and sell Toronto Hydro to tackle the city's \$2.5-billion debt.

Rossi will likely be pitted against

Campaign help

• The veteran Progressive Conservative who helped John Tory become party leader will run the Toronto mayoral campaign of Liberal George Smitherman, the Toronto Star has learned. In a potential blow to Tory's own nascent candidacy for mayor, Jeff Bangs, who ran his 2004 provincial leadership campaign, has signed on to help Smitherman.

TORSTAR NEWS SERVICE

Smitherman and his old foe John Tory, the ex-leader of the Ontario Progressive Conservatives, who now hosts a talk radio show.

THE CANADIAN PRESS

80 people evacuated in London bomb scare

A bomb scare forced the evacuation yesterday of up to 80 people from their homes in London, Ont., as police relied on a bomb disposal robot to probe the scene.

Officers arrived at the home shortly before 7 a.m. responding to a medical distress call when a "possible explosive device" was found inside, police said.

"Upon the officers being inside the residence ... they were advised there was a possible explosive device," said Const. Amy Phillippo. Initially, only the two residences adjacent to the home were evacuated. However, police widened the evacuation zone to several streets after the robot was sent in and "one of the elements of the device was disrupted."

"We don't know what it is," said Staff-Sgt. Henry Pateman. "The item appears to be related to an explosive device, but we don't know what it is."

The explosives disposal unit had initially gone into the house and "encountered some other items in that house that appear to be suspicious," Pateman said. That's when the robot was sent in.

Late last night, "a component of the device" was taken from the home and detonated in a controlled explosion, said Const. Kevin Lui.

THE CANADIAN PRESS

Windows®. Life without Walls™.
Dell recommends Windows 7.

Get these offers when you buy directly from Dell.
Promotional offers valid January 2-7.

DELL™
YOURS IS HERE

NEW YEAR, NEW YOU.

Start the year off right with incredible savings on stylish systems.



DELL™ INSPIRON™ 15 LAPTOP

\$499* **SAVE \$130***
regularly \$629

or as low as \$14/mo.^A

Ⓢ-Value™ Code: **80003-CH1AWK1***

- Intel® Pentium® Processor T4300
- Genuine Windows® 7 Home Premium
- 3GB Memory*; 250GB* Hard Drive
- Dell Wireless-G Mini-Card
- Jet Black Comes Standard — Your Choice of 7 Other Colours for \$35*



Upgrade to an Intel® Core™2 Duo Processor T6600 for a total of

\$569* **SAVE \$70***
regularly \$639

or as low as \$16/mo.^A

Ⓢ-Value Code: **80003-CH1BWK1***

DELL INSPIRON 17 LAPTOP

\$699* **SAVE \$200***
regularly \$899

or as low as \$20/mo.^A

Ⓢ-Value Code: **80003-CH17WK1***

- Intel® Pentium® Processor T4300
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 320GB* Hard Drive
- Dell Wireless-N Mini-Card
- Jet Black Comes Standard — Your Choice of 5 Other Colours for \$35*



DELL INSPIRON 545 DESKTOP

\$679* **SAVE \$150***
regularly \$829

or as low as \$19/mo.^A

Ⓢ-Value Code: **80003-CH54WK1***

- Intel® Core™2 Quad Processor Q8300
- Genuine Windows® 7 Home Premium
- 4GB Memory*; 500GB* Hard Drive
- 20" HD Widescreen Flat Panel (ST2010)
- Dual-Layer DVD Burner*
- Piano Black Comes Standard — Your Choice of 7 Other Colours for \$30*



ENJOY AMAZING DEALS ON MUST-HAVE ACCESSORIES.



Kingston® Twin Pack — 2 x 4GB* SDHC Cards

\$19.99* **SAVE \$9***
regularly \$28.99

- 4MB per second minimum transfer rate



Sony® 7" Digital Photo Frame

\$89.99* **SAVE \$60***
regularly \$149.99

- Includes 1GB* of internal memory



Dell 23" Full HD 1080p Widescreen Flat Panel (ST2310)

\$189* **SAVE \$90***
regularly \$279

- Delivers true cinematic-picture quality to your entertainment

STAY ON TOP OF ONLINE THREATS.

McAfee® SecurityCenter delivers:

- Protection against viruses, hackers and phishing.
- Online safeguards so you can bank and shop online safely.
- Threat detection through McAfee's exclusive active protection technology.

Get a 1-year subscription for \$29* with any featured system. For more details, visit dell.ca/mcafee.



SecurityCenter

Enter the Ⓢ-Value Code in the search field online.

DELL.CA/NEWYR

1-866-402-9418

^A**48-MONTH INSTALLMENT PLAN ("PLAN"):** 48-Month Installment Plan ("Plan") offered through Dell Financial Services Canada Limited ("DFS"), a separate entity, to qualified customers approved by DFS in its sole discretion. Minimum transaction amount of \$499 is required. No down payment required. Monthly payment set out in the ad is based on a Plan interest rate of 13.99% per year and an advance equal to the advertised price for a specific product configuration. Interest rates and monthly payments under the Plan will vary, depending on amount advanced and customer's creditworthiness. Representative example of a Plan: \$999 advanced @ 13.99% per year; \$27.29 monthly payment, total payable is \$1309.92, total cost of borrowing is \$310.92. Terms subject to error and change without notice. Please contact Dell for more details.

^B***PRICES/ORDERS:** Offers available only in Canada for specified time period. Must provide E-Value™ code for advertised price. Savings calculated on regular price offered by Dell. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e., limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. **FREE SHIPPING:** Exceptions may apply for remote locations. **ERRORS:** Prices, offers, configurations and any other information in this material are subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell is not responsible for typographical, photographic, pricing, posting or other errors. **CUSTOMER TERMS AND CONDITIONS:** All purchases are subject to Dell's Customer Agreement or Dell's standard terms of sale. Dell's limited hardware warranty terms and the applicable Dell or third-party service agreement. Copies available on request or at www.dell.ca. **CD/DVD/BLU-RAY BURNERS:** Discs burned with this drive may not be compatible with some existing drives and players; using DVD+R media provides maximum compatibility. **GRAPHICS AND SYSTEM MEMORY (SDRAM):** Significant system memory may be allocated to support graphics, depending on system memory size and other factors. **HARD DRIVES:** GB means 1 billion bytes and TB equals 1 trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. **MEMORY KEYS, COMPACT FLASH AND SECURE DIGITAL MEMORY CARDS:** For writable storage devices, MB means 1 million bytes and GB means 1 billion bytes; total accessible capacity varies depending on operating environment. **DELL'S RETURN POLICY:** If you are the original purchaser who bought new products directly from Dell, you may return the products in as-new condition to Dell up to 30 days after you receive them for a refund of the product purchase price if already paid. The refund or credit does not include any shipping and handling charges shown on your packing slip or invoice; you are responsible for those. Some exceptions apply. For complete details, visit www.dell.ca/servicecontracts. **LIMITED HARDWARE WARRANTY:** For a copy of Dell's limited hardware warranty or information and terms and conditions regarding all warranty, service and support options, call 1-800-847-4096 or visit www.dell.ca/servicecontracts. Services may not be available in all areas and may be provided by a third party. Note that warranties on non-Dell branded products are provided by the respective manufacturers, not Dell. **MAFEE SECURITYCENTER:** This offer is only available when purchased at point of sale and is not available after you purchase your system. **INTEL:** Celeron, Celeron Inside, Centrino, Centrino Inside, Core Inside, Intel, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Pentium and Pentium Inside are trademarks of Intel Corporation or its subsidiaries in the U.S. and other countries. **MICROSOFT:** Microsoft, MS, Windows and the Windows logo are either registered trademarks or trademarks of the Microsoft group of companies in the United States and/or other countries. ©2010 Microsoft Corporation. **OTHER:** All other trademarks are the property of their respective owners. ©2010 Dell Inc. All rights reserved. The example people and places depicted herein are fictitious and no association or connection therewith is intended or inferred.



News on the Move
IN THREE EASY STEPS

1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA



Local



HIV suit should be tossed: Lawyers

A man suing the federal government, the province, Toronto health officials and his HIV-infected wife for having contracted the virus that causes AIDS is on a "fishing expedition" that should be tossed out, government lawyers say. Ontario government lawyer Jeremy Glick argued yesterday Percy Whiteman, in his \$33 million lawsuit, is making broad, unsupported allegations against a variety of government targets, hoping "to find something that fits." City, provincial and federal officials and his estranged wife, Suwalee Iamkhong, are trying to have his lawsuit thrown out.

TORSTAR NEWS SERVICE



m.metronews.ca



Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page

INDEX

Canada Pg 6
World Pg 7
Comments Pg 8
Business Pg 9
Sports Pg 11
Celebrity Buzz Pg 25

Tomorrow's Metro

West View

Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.



metronews.ca

WHAT'S ONLINE TODAY

Video Roughriders general manager Eric Tillman pleads guilty to sexually assaulting a teenage girl.

Blogs Kenya Hunt on Fantastic Mr. Fox director Wes Anderson's fantastic sense of fashion.



ADVERTISE TODAY!
1 888 91 metro (63876)

Happy tails for shelter animals

5 cats and 2 dogs have new homes on first day of Society's adoptions

It took just a few minutes for John Mbelos to pick his new best friend.

As the 66-year-old man walked through the dog kennel yesterday at the Toronto Humane Society, his wife, Ioana, and his son James at his side, Mbelos spotted the Labrador cross named Dixie.

"Right away, I knew that it was the right dog," he said as he filled out adoption papers in the River Street building's lobby.

Dixie was the first animal to be adopted from the shel-

"There are animals that are kind of piled up here because people haven't been able to adopt. I'm happy to come along and give a cat a home." Vanessa Higgins, adopter

ter since late November, when the Ontario Society for the Prevention of Cruelty to Animals raided the facility.

Former THS president Tim Trow and four senior staff were charged with criminal offences, including cruelty to animals. Board members were charged with provincial animal cru-

elty offences.

Adoptions resumed at noon yesterday, and dozens of people turned out in the first hour to browse the 25 dogs and 125 cats available to the public.

As of yesterday evening, five cats and two dogs had been taken to new homes.

There are still more than 800 animals at the shelter

that aren't ready for adoption, OSPCA officials say.

The shelter bustled with activity as potential pet owners perused the kennels.

Vanessa Higgins, who hoped to find a kitten, said she didn't know the shelter had just re-opened, but was pleased by her timing.

"There are animals that are kind of piled up here be-

cause people haven't been able to adopt," she said. "I'm happy to come along and give a cat a home."

The humane society will remain open for adoptions 12 p.m. to 7 p.m. every day.

"It's been our first priority, we wanted to resume adoptions as soon as possible," said THS spokesperson Ian McConachie. "This is a temporary refuge for the animals. This isn't meant to be a permanent home. ... We're really thrilled people ... are eager to adopt."

TORSTAR NEWS SERVICE



Connie Ferreira, right, and her mother look at their belongings clean-up crews have cleared from their basement at 53 Hillary Avenue after an eight inch water main burst and flooded their basement.

'Disbelief' for family affected by flooding

It will be at least a week before Connie Ferreira and her family can move back into their home after a flood, triggered by a burst water main, destroyed much of their basement Sunday.

Ferreira and other families on Hillary Avenue, near Keele Street and Rogers Road, heard the sudden

whoosh of water in their homes around 9 a.m.. Within a half-hour, their basements were awash in water and mud.

Yesterday, Ferreira watched in disbelief as insurance adjusters, workmen and a city inspector tramped through the damaged basements.

She shivered in the cold,

pointing out to workmen what had been damaged and how the water had poured into her backyard and basement.

The cause of the flood: An 89-year-old, 15-centimetre water pipe in front of her house had burst. Firefighters spent Sunday pumping water out of the houses.

TORSTAR NEWS SERVICE

Delay of burial called 'a second tragedy'

ACCIDENT Every moment the body of construction worker Fayzullo Fazilov lies in a Toronto morgue rather than in the soil of his native Uzbekistan is an insult to his religion and more pain for his family, a Muslim community member says.

"It's a second tragedy," said Bakhtier Shakhnazarov yesterday.

Fazilov, 31, was one of four construction workers killed on Christmas Eve when he fell 13 storeys while working on a "swing stage" — scaffold — outside

an apartment balcony.

Fazilov's Muslim faith calls for bodies to be buried within hours of death, before they become cold, said Shakhnazarov, also a Muslim from Uzbekistan.

Fazilov was working in Canada to support his son, daughter, wife, four sisters and elderly parents in Uzbekistan, friends said.

"When they find out about his body being kept in a morgue, it will be another bad thing for them," Shakhnazarov said.

TORSTAR NEWS SERVICE

News in brief

ASSAULT Toronto police are looking for six suspects after two women and a teen were sexually assaulted in two separate incidents early New Year's Day. Five men sexually assaulted two women in their hotel room, following New Year's Eve celebrations, police said.

The women returned to their hotel near Yonge and Bloor just after 3 a.m. with the men. At about 4:30 a.m. New Year's Day, an 18-year-old woman was sexually assaulted by an unknown man after exiting a bus in Forest Hill police said.

TORSTAR NEWS SERVICE

SHARE THE WARMTH THIS WINTER!

For every ticket you buy in January, we're making a donation to **Raising the Roof!**

JERSEY BOYS

The story of Frankie Valli & The Four Seasons

GREAT SEATS FOR \$25 AND \$60.
Free toque with every purchase!

VALID FOR PERFORMANCES THROUGH MARCH 21, 2010
Visit JerseyBoysToronto.com/ROOF
or call (416) 644-3665 and quote code ROOF
MUST BOOK BY JANUARY 31
TORONTO CENTRE FOR THE ARTS, 5040 Yonge Street

*Minimum order of two tickets. One toque per order, while supplies last. Offer not valid on previously purchased tickets. Offer is valid for telephone and online orders only. Donation and toque offer is only valid with promotion code ROOF. All sales are final. Offer may end without notice. Some conditions apply.

OVER 50% SOLD



1 IN 3
BEST ODDS EVER

10 GRAND PRIZES

NEW!

TOP GRAND PRIZE

\$1.5
MILLION

PLUS

CASH, CAR & TRIP GRAND PRIZES



MILLIONS IN VEHICLES, CASH, ELECTRONICS & MORE



SAVE \$50
3 TICKETS
FOR \$250
OR \$100 EACH

416-661-1511
Ext. 700



NEW! ORDER ONLINE www.heartandstroke.ca/lottery

Please help support life-saving Heart and Stroke Foundation research.

PICK UP YOUR
BROCHURES AT:

ST. CLAIR



CRAIG TRAVEL
1-800-887-8889 • www.craigtravel.com



*Please refer to full brochure for cash outs, prize details, ticket issuing and draw information. Odds of winning are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 240,000 tickets are available. Purchasers must be at least 18 years of age. 68,789 prizes at a value of \$10,636,532 (including all taxes and freight) will be awarded. Early bird sales deadline is February 4th, 2010. Final sales deadline is February 9th, 2010. On March 16th, 2010 an advertisement will be placed in the Toronto Star announcing all major winners. A complete list of winners will also be available at www.heartandstroke.ca/lottery. © Bank of Canada - bank note images used and altered with permission. Lottery Licence #: 2073

metro

Tuesday, January 5, 2010

4 local

No deal
Toronto-based mineral exploration company Axmin Inc. and Toro Gold Ltd. have ended takeover talks without an agreement, Axmin says. THE CANADIAN PRESS



Stephannie Tait, 22, was the first in line yesterday as road tests and driving examination services resumed after a strike that closed 56 DriveTest centres across the province for more than four months.

DriveTest Centres reopen after four-month strike

Rarely have so many people looked forward to taking a test.

More than 150 people were lined up outside the DriveTest Centre at Victoria Terrace shopping mall yesterday afternoon, when road tests and all driving examination services resumed in the province after a four-month strike.

At 1:05 p.m., five minutes after the examination centre was supposed to open, the shivering crowd was getting restless.

"C'mon, let us in," one person shouted, while others banged on the windows and gestured to staff inside by pointing to their watches.

Fortunately, for those who would be the first in the province to take driving tests since the strike began on Aug. 24, the doors swung open after a few minutes and the huddled mass gave a cheer before shuffling in.

Most of the 150 people lined up in the cold yesterday

day were there because they needed a licence for employment.

Rafael Villan, who is trying to get his school bus licence, has been working odd jobs as a mechanic during the DriveTest strike. He said he already has a job lined up.

"They are waiting for me (to get the licence)," he said. "I'm finally ready to work."

Examiners voted on Dec. 31 to end their strike.

TORSTAR NEWS SERVICE

Lawyer suspended for incivility

JUSTICE A turbulent murder case that cost a Superior Court judge his career took another twist yesterday when a former defence lawyer admitted to professional misconduct and apologized for what was described as the worst display of incivility ever seen in a Canadian courtroom.

Kevin Murphy, 52, was suspended from practising law for six months, but not before a thrashing by the head of a Law Society of Upper Canada disciplinary panel. "You ought to be thoroughly ashamed of yourself," law society benchner Vern Krishna ad-

monished Murphy.

Murphy, who since 2008 has been employed as a lawyer with the Public Prosecution Service of Canada, admitted to verbally abusing witnesses and making unfounded accusations against opposing lawyers at a notorious murder trial that began more than a decade ago in Ottawa.

The woman at the centre of the case, Julia Elliott, was charged with killing and dismembering Kemptville-area mechanic Lawrence Foster, whose body parts were found in the Rideau River in August 1995.

TORSTAR NEWS SERVICE

News in brief

RIDE Provincial police pulled over more than one million vehicles during their annual Festive RIDE initiative, which ended yesterday, laying a total of 5,329 charges. Police officers were out in full force since Nov. 27, checking motorists at a higher volume than normal, and educating drivers about the dangers of drinking and driving. Of the 1,174,224 vehicles checked, 298 drivers were found with a blood alcohol level above .08 or refused to provide a breath sample and were charged with impaired driving. Last year, 884,729 vehicles were checked and 319 criminal code alcohol related charges were laid.

TORSTAR NEWS SERVICE

100% PERMANENT HAIR REMOVAL

OMI MEDICAL INC.
416-223-5500

The difference between OMI and everyone else is **DRAMATIC!!!**

Others deliver empty promises. OMI delivers **SUCCESSFUL TREATMENT!!!**

Why are we the best since 1979???

IT'S ALL WE DO!!!

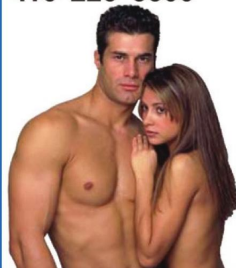
Most of our new clients were treated unsuccessfully elsewhere by amateurs

SAVE YOUR MONEY!!!

What good is a cheap rate if you don't get results?

Come to the professionals at OMI and get

THE RESULTS YOU WANT!!!



www.omihair.com
OPEN 7 DAYS A WEEK

OMI on Rogers TV Channel 5
EXCLUSIVELY



You are your best investment

Enrich your knowledge and experience with a Continuing Education course at George Brown College.

Spend your time and money wisely by taking advantage of just a few of George Brown's many benefits ...

Impressive choice

With more than 230 subject areas, it's easy to find what you're looking for, whatever your interests.

Affordable excellence

The quality of our courses is high, but fees are always reasonable. And you commit – and pay – on a course-by-course basis.

Real convenience

Our evening, weekend, day and online classes work for working people. And our downtown campuses are minutes from the subway.

Outstanding instruction

Our instructors are both active professionals and terrific in the classroom. Courses are practical, up-to-date and taught with a hands-on approach.

Pick up your free George Brown College Continuing Education Course Guide at Gateway Newstands in TTC and GO stations.



Register now for winter classes at
coned.georgebrown.ca

New Brunswick Justice Minister Mike Murphy announced yesterday he is leaving politics for personal reasons, delivering a setback for Premier Shawn Graham's government nine months before a provincial election. **THE CANADIAN PRESS**

Canada



\$50K offered for info on cold case

A \$50,000 reward is being offered in a murder case in the London, Ont., area that has gone unsolved for 18 years. The body of Gregory Lembke of West Grey, Ont., was found in a bush lot near Mount Forest on Jan. 4, 1992. Provincial police say Lembke had been shot in the neck and head at close range with a .410 calibre shotgun. The reward is for information leading to the arrest and conviction of those responsible for the murder. **THE CANADIAN PRESS**

Alberta Tories cross floor

Two MLAs leave ruling Conservatives for Wildrose Alliance

Historic cracks have appeared in Alberta's Tory political dynasty.

For the first time in the party's 38 consecutive years in power, two Progressive Conservatives have willingly crossed the floor — to join the upstart Wildrose Alliance.

The two are former cabinet minister Heather Forsyth from Calgary and backbencher Rob Anderson, who represents the Airdrie-Chestermere constituency north and east of the city.

The move is a boon for the fledgling right-wing Wildrose, which had only one seat in the legislature, but has been polling ahead of Premier Ed Stelmach and his massive Tory majority



Wildrose Alliance Leader Danielle Smith, left, looks to her two new colleagues at a news conference yesterday in Calgary by former Conservative party MLAs Heather Forsyth and Rob Anderson.

in recent weeks.

"It's clearly a decision being made on principle," said Danielle Smith, the charismatic and telegenic Wil-

drose leader, whose profile has pushed the party to the forefront of the Alberta political scene.

"For any PC to abandon

the perks, the prestige and the security from a governing caucus of 70 to join a caucus of one in a party that is still not quite two years old, well, that would require a level of courage and commitment to principle that is rarely seen in politics."

Forsyth, former solicitor general and minister of children's services, has been at odds with the premier since he dumped her from cabinet after the last provincial election in 2008.

Anderson was only elected in 2008, but was considered an up-and-comer by many in the Conservative party.

He said he was tired of not having his views heard.

THE CANADIAN PRESS

Canada eyeing fight against nuclear weapons at summit

G8 Stopping the spread of nuclear weapons and coralling components for a dirty bomb terror attack is fast becoming Canada's top agenda item for the G8 summit it will host this summer.

The global recession will dominate talks by the leaders of the G8 when they hold their June summit in Huntsville, Ont., but aides to Prime Minister Stephen Harper are laying the groundwork for another issue: Giving new momen-

tum to global nuclear non-proliferation efforts.

Canada is being urged to offer the summit as an international platform to highlight the threats posed by the rogue nuclear states of Iran and North Korea, as well as terrorists acquiring the components for a nuclear dirty bomb.

A recent report submitted to the U.S. Congress predicted a nuclear or biological dirty bomb commandeered by terrorists will be used by 2013. **THE CANADIAN PRESS**

m.metronews.ca



Recent reforms mean proroguing Parliament won't kill a bill to scrap the gun registry, or much else. Scan this barcode for the full article.

News in brief

CHARGED A second person faces charges after an Olympic torchbearer was confronted by protesters in Guelph, Ont., last month. Police have charged Kelly Pflug-Back, 20, of Guelph with assault.

THE CANADIAN PRESS



FLIGHT CENTRE® Unbeatable

Airfares

Cancun
\$125

Travel Jan 9 - Jan 16/wg + taxes & fees \$277

Fort Lauderdale \$19
Travel Jan 7 - Jan 14/ts + taxes & fees \$229

Orlando \$49
Travel Jan 9 - Jan 16/wg + taxes & fees \$216

Punta Cana \$65
Travel Jan 11 - Jan 18/wg + taxes & fees \$320

Cayo Coco \$125
Travel Jan 12 - Jan 19/wg + taxes & fees \$210

Varadero \$125
Travel Jan 12 - Jan 19/wg + taxes & fees \$210

Panama City \$145
Travel Jan 9 - Jan 16/wg + taxes & fees \$220

Puerto Vallarta \$145
Travel Jan 6 - Jan 13/wg + taxes & fees \$277

London \$149
Travel Jan 29 - Feb 5/ts + taxes & fees \$395

Jamaica \$155
Travel Jan 6 - Jan 13/wg + taxes & fees \$268

Las Vegas \$169
Travel Jan 21 - Jan 28/wg + taxes & fees \$220

Los Cabos \$175
Travel Jan 9 - Jan 16/wg + taxes & fees \$277

New York \$199
Travel Jan 21 - Jan 28/aa + taxes & fees \$114

USA Vacations

Orlando Family Special
Air + 7 Nights
\$149^o

Champions World Resort + taxes & fees \$216
Departs Jan 9/ggv/wg.

Atlantic City Air + 3 Nights \$159
Bollis Atlantic City + taxes & fees \$117
Departs Feb 1/wsw/ws.

Las Vegas Air + 4 Nights \$195
Circus Circus + taxes & fees \$241
INCLUDES accom on the strip. Departs Jan 31/swg/wg. **UPGRADE** to 4-star Luxor for \$13 per night.

Scottsdale Air + 3 Nights \$349
Hospitality Suite Resort + taxes & fees \$130
Departs Jan 25/ggv/nw.

New York City Air + 3 Nights \$499
Legend of the City + taxes & fees \$97
Departs Jan 28/ggv/aa. **ADD** New York sightseeing tour for \$69.

New Orleans Mardi Gras \$749
Air + 4 Nights + taxes & fees \$130
Astor Crowne Plaza
INCLUDES French Quarter accom to celebrate the final day of Mardi Gras. Depart Feb 15/ggv/aa.

Hawai'i Island Combo \$1029
Air + 7 Nights + taxes & fees \$128
Ohana Waikiki West & Outrigger Royal Kahana
INCLUDES all air, 4 nights accom in Honolulu & 3 nights accom in Maui. Departs Jan 18/ggv/ws/ha.

Cruise Vacations

Greece & Turkey
Air + 3 Nights + 4-Night Cruise
\$1349

M/V Aquamarine & Konings 21 (Athens) + taxes & fees \$465
INCLUDES air, transfers, 4-night Greek Island & Turkey cruise and 3 nights 3-star accom in Athens with breakfast. **CRUISE** roundtrip Athens and visit Mykonos, Kusadasi (Turkey), Patmos, Rhodes, Crete & Santorini. Travel Apr 18 - Apr 26/vat/ts.

Western Caribbean 5-Night Cruise \$229
Celebrity Century + taxes & fees \$96
CRUISE roundtrip Miami and visit Key West & Grand Cayman. Sails Jan 18/cel.

Far East 9-Night Cruise \$1299
Legend of the Sea + taxes & fees \$84
CRUISE from Singapore to Taiwan and visit Saigon/Vung Tau, Nha Trang, Danang/Chan May, Ha Long Bay/Hanoi & Hong Kong. Sails Jan 28/rcl.

Vacations

Havana 7 Nights 4-Star \$305
Aparthotel Montehabana + taxes & fees \$210
Departs Jan 10/swg/wg.

Paris Air + First 2 Nights \$699
Hotel Concorde Montparnasse + taxes & fees \$407
Travel Feb 1 - Feb 9/ggv/aa. **ADD** 3-day consecutive France Rail pass for \$268.

All-inclusive Vacations

Punta Cana
7 Nights 4-Star
\$495

Natura Park Beach Resort and Spa + taxes & fees \$320
Departs Jan 11/swg/wg.

Puerto Vallarta 7 Nights 4-Star \$477
Plaza Pelicanos Grand Beach Resort + taxes & fees \$272
Departs Jan 11/sqv/5g.

Cayo Coco 7 Nights 4-Star \$497
Oasis Playa Coco + taxes & fees \$205
Departs Jan 14/nol/ts.

Varadero 7 Nights 4-Star \$515
Mercurio Playa de Oro + taxes & fees \$210
Departs Jan 8/swg/wg.

Cancun 7 Nights 4-Star \$548
Barcelo Costa Cancun + taxes & fees \$272
Departs Jan 14/vat/ts.

Manzanillo 7 Nights 4-Star \$548
Tesoro Manzanillo + taxes & fees \$272
Departs Jan 11/vat/ts.

Mayan Riviera 7 Nights 4-Star \$597
Ocean Maya + taxes & fees \$272
Departs Jan 11/nol/5g.

Jamaica 7 Nights 4-Star \$757
Sunset Jamaica Grande Resort + taxes & fees \$268
Departs Jan 11/nol/5g.

1 866 485 7092 | flightcentre.ca

Conditions apply. Ex-Toronto. USA and international air only prices are per person for return travel unless otherwise stated. Domestic air only prices are per person for one-way travel unless otherwise stated. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. *Family special price is based on 2 adults and 2 children 17 years and younger. swg/wg=sunwing, vat/ts=transat, aa=american, ggv=gogo, wsw/ws=westjet, nw=northwest, ha=hawaiian, cel=celebrity, rcl=royal caribbean, ua=united, sq=sunquest, 5g=skyline, nol=nolights. The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A \$100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

FTC

Another White House party crasher: Secret Service

A third uninvited guest made his way into the White House state dinner for Indian Prime Minister Manmohan Singh in November, U.S. Secret Service said yesterday. **THE ASSOCIATED PRESS**

7

World

Asian cities socked by deadly dose of winter

Seoul residents slogged through the heaviest snowfall in modern Korean history after a winter storm dumped more than 28 centimetres yesterday, forcing airports to cancel flights and paralyzing traffic in South Korea's bustling capital.

The snow and icy roads snarled traffic in and out of Seoul, and at least three people died in traffic accidents. Many commuters squeezed into packed subways to get to work, and a cabinet meeting was delayed because ministers were stuck in traffic.

The snowfall, which continued through yesterday afternoon, was the heaviest in a single day since Korea began conducting meteorological surveys in 1937, the state weather agency said.

Gimpo International Airport in western Seoul cancelled 224 flights before resuming service yesterday,



Chinese police clean a walkway in Beijing yesterday. China's capital dug out from the weekend's heavy snowstorms, seeking to restore flights and reopen highways and rail lines covered by drifts.

airport official Choi Choonja said.

About 3,600 workers and 5,000 soldiers were mobilized to clear the snow in Seoul and surrounding Gyeonggi Province, officials said.

Beijing also was digging out yesterday from a week-

end winter storm.

More than seven centimetres of snow accumulated in the city centre Sunday, according to China's National Meteorological Center. State media called it the highest snowfall in the capital in a single day in January since 1951. **THE ASSOCIATED PRESS**

Security not tightened everywhere

EUROPE Airline passengers bound for the United States faced a hodgepodge of security measures across the world yesterday, but all European airports did not appear to be following a U.S. demand for increased screening of passengers from 14 countries.

Officials in Washington

m.metronews.ca



SCANLIFE
New decade, old fears as frequent travellers resign themselves to tight security and random searches. Scan this barcode for the full article.

said the new security measures would be implemented yesterday but there were few visible changes on the ground in Europe, which has thousands of passengers on hundreds of daily flights to the U.S.

In addition, few if any changes in airline procedures were reported in the 14 countries named by the U.S. as security risks. No changes were seen yesterday at international airports in Syria, Libya or Lebanon, three other countries on the list.

"Everything is the same, there is no extra security," an aviation official in

"Everything is the same, there is no extra security."

Lebanese aviation official

Lebanon said, speaking on condition of anonymity.

The changes ordered by U.S. President Barack Obama's administration followed the arrest of a Nigerian man, Umar Farouk Abdulmutallab, who allegedly tried to set off an explosive device on a flight to Detroit from Amsterdam Christmas Day.

THE ASSOCIATED PRESS

News in brief

LAS VEGAS A gunman opened fire in the lobby of a federal building in downtown Las Vegas yesterday, killing one court officer and wounding a second before he was shot to death. The FBI said the gunman died across the street shortly after the shootout.

HIV The United Nations is praising the United States and South Korea for lifting travel bans on people with HIV and is urging 57 other countries

with travel restrictions to end them quickly. U.S. President Barack Obama signed a bill in October to overturn a 22-year-old travel and immigration ban against people with the HIV virus, which causes AIDS, and it came into force yesterday.

TSUNAMI Authorities in helicopters flew over remote coastlines in the Solomon Islands early today, trying to assess the damage from a

large earthquake and tsunami that crashed ashore a day earlier, devastating at least one village. No injuries were reported some 24 hours after the biggest of a series of quakes churned a tsunami wave that was up to three metres high as it crashed ashore.

BRAZIL Authorities say the death toll from recent flooding and mudslides in southeastern Brazil has risen to 81.

THE ASSOCIATED PRESS

HAPPY NEW YEAR!

Comwave will Beat ALL Competitors Rates... **GUARANTEED!**

CUBA 85 c/min	INDIA 2.9 c/min	PAKISTAN 5.9 c/min	PHILIPPINES 11.9 c/min
----------------------	------------------------	---------------------------	-------------------------------

Afghanistan...24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh....3.9 ¢	Lebanon 9.9 ¢	Iraq, from.....4.9 ¢
Barbados.....9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile.....2.9 ¢	Nepal, from.....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....14.9 ¢	Russia, from.....2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia 3.9 ¢
El Salvador, ...9.9 ¢	Ghana.....9.9 ¢	South Korea....2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.....10.9 ¢	Trinidad.....4.9 ¢
Kenya.....6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

If the Country you call is not listed, call now and we'll beat the rate you are currently paying.



UNLIMITED
Calling to
Anywhere in
CANADA



Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's **GUARANTEED** Lowest Rates

No need to cancel your service provider.
\$10 Free Long Distance for every friend you refer
No Contracts



1-866-410-3055
comwave® www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services. Unlimited service plans or prepaid calling cards due to their non-monetary billing system. 2¢/min per minute includes a monthly plan of 100 minutes for 10¢/minute. Unlisted numbers, do not call over to the following month. Rate Guarantee is based on competitors lowest advertised rate for like service. Plan is based on a 1 yr term where early cancellation fees apply. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Northwest or N.W.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paulo. Calls to Chinese Mobile Phones may be billed at a higher rate.

TORONTO

Associate Publisher, Irene Patterson
Managing Editor, Jim ReynoRetail Sales Director, Tracy Day
Prod/Distribution Director, Gerry Moher

METRO CANADA

Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte EmpeyAssoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber ShorttArt Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Latest gambit may backfire on Harper

NationalReport



metronews.ca/nationalreport

Having shown the effrontery to prorogue Parliament once again, the speculation now is that Prime Minister Stephen Harper, our supreme ruler, will take

things a step further and force an election this spring. Don't bet on that one. We won't know for sure until some polls come in, but there are indications the prorogue gambit is backfiring on him. The reaction has been demonstrably negative. Media comment boards have lit up in protest. The Globe and Mail went to the unusual extent of running a front page editorial. Conservative newspapers, normally in the prime minister's stable, have condemned the move. The Facebook group,

Canadians Against Proroguing Parliament, already has 15,000 signed up.

It's become a question of how many times the people will let a leader bend a democratic system to his will before they fight back. If the prime minister doesn't take a hit in the polls on this he will feel the sting in other ways. The opposition to his methods is hardening. People are angry. When they get angry, they mobilize.

This prorogation story, which comes on top of his defying the will of Parlia-

ment by refusing to turn over documents on the Afghan detainees affair, is different from some of the other abuse-of-power stories. This one has legs. Every day Parliament's doors remain closed will serve as a reminder of what the supreme ruler did.

In such circumstances it's hard to see his support numbers going up enough in the next couple months for him to risk an election. Despite facing weak opposition leaders Harper has been unable to move his support level

above the 40 per cent mark. Pollsters will tell you one of the reasons for the failure is his manipulative ruling style — the cold dictatorial edge. Prorogation has only served to reinforce that negative.

Harper didn't even bother to visit the Governor General to ask for prorogation this time. He simply phoned over, then had his press secretary announce it the day before New Year's Eve when the Olympic hockey team was being named and the PM's team felt that few would be paying attention.

The arrogance, the chutzpah is remarkable. Having dismissed Parliament in a hugely controversial move last year and having gotten away with it, Harper clearly feels he will get away with it again this time. Arrogant, autocratic leaders tend to be like that. They think they can get away with anything.

Eventually, they get caught.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

iMuslims: Vibrant Internet atmosphere

GlobalView



metronews.ca/globalview

You've seen their mugshots: A Nigerian charged with trying to blow up a plane on Christmas Day; five young American Muslims detained in Pakistan, apparently desperately seeking jihad.

I bet you haven't seen these mugshots: Iranian men in chadors and headscarves.

As part of the "Men in Headscarves" campaign,

Iranian men have been posting pictures of themselves wearing the head and body coverings the Iranian regime imposes on women. Their pictures have spread on Facebook and YouTube in support of Iranian student activist Majid Tavakoli.

Authorities arrested Tavakoli in December after he called for more democracy and urged students to reject "tyranny." The next day, government newspapers published pictures of Tavakoli dressed in a chador and claimed he had tried to escape arrest disguised as a woman.

Yes, violent radical groups such as al-Qaida and

others have used the Internet to their advantage. That is not new.

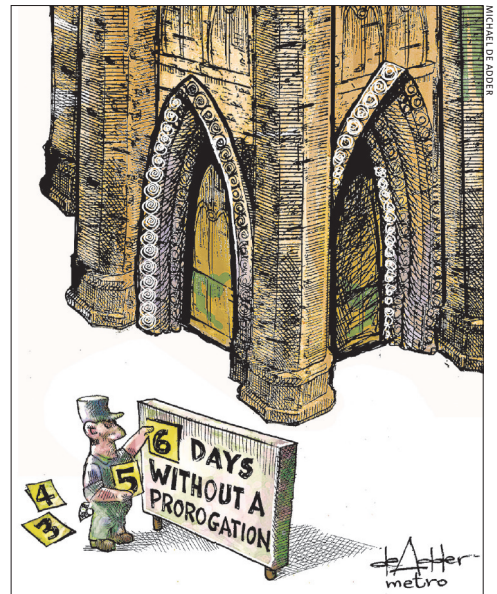
But what is new is how young Muslims have been using the Internet to challenge authority. Their exciting work is overshadowed by news of angry, young Muslims online.

Pick up Gary Bunt's iMuslims: Rewiring the House of Islam and learn that for every online al-Qaida recruiter there are thousands more Muslims reforming Islam online. Interpretations and commentaries on the Qur'an fill the Internet and recreate the vibrant intellectual atmosphere that many Muslims lament we'd long ago lost.

I see that every day on Facebook where I have almost 5,000 friends. We argue over everything from polygamy and burqas, to being gay and Muslim. You rarely see such diverse opinions in news reports on Muslims.

The Internet deals a blow to radical groups by giving anyone online the chance to answer back. For every Umar Farouk Abdulmutalab, there are dozens of Iranian men taunting the regime that runs the Islamic Republic of Iran.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Toronto 1 Concorde Gate, Suite 703, Toronto, ON M3C 3N6, Tel: 416-486-4900; Fax: 416-482-8097; Advertising: 416-486-4900 ext. 316 • adinfo@metronews.ca; toronto_distribution@metronews.ca; News: jim.reyno@metronews.ca

HERZING COLLEGE

Earn a diploma in one year or less and start your career in:

**Legal Assistant
Law Clerk
or Police Foundations**

Classes Forming NOW!
**1-888-NEW-CAREER
1-888-(639-2273)**

www.herzing.edu Toronto Eaton Centre Campus

Serve and Protect Your Community Police Foundations

Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.

To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.

Career opportunities that may be available include: Ontario Police Services, RCMP, Canadian Armed Forces, By-law Enforcement, Private Police, Campus Police, Private Security Agencies, Airport Security, TTC Constables, Border Security, Correctional Services and Security for special events, concerts, sporting events, industrial & commercial, residential, retail, casinos etc.,

For an exciting career in any of these fields call:

1-888-639-2273

Make Your Resolution a Reality!
Lose weight, **guaranteed**.

And...your first

15 lbs are FREE!

Call for your free, no-obligation consultation

1-800-254-5023

*See in-store for details. Offer available until February 13, 2010. Herbal Magic © 2010. All rights reserved.

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

Management professor gets mining corporation's chair

Inmet Mining Corporation says it has appointed University of Toronto management Prof. David Beatty as chairman of the global miner's board of directors, effective Jan. 1.

THE CANADIAN PRESS

Business

DOLLAR	N.GAS	OIL	TSX
 US 96.02¢ US 0.87¢	 US \$5.88 US 31.2¢	 US \$81.51 US \$2.15	 11,866.90 120.79

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Hopes riding on U.S. report

A strong manufacturing report south of the border is also raising optimism for Canada's battered manufacturing sector at the start of the new year.

The U.S. Institute for Supply Management's much-watched index beat the consensus of economists, rising to 55.9 in December, up from 53.6 in November and reaching its highest level in almost three years. A reading above 50 indicates growth.

Analysts polled by Thomson Reuters had expected a reading of 54.3.

As well, new orders jumped more than five points in the month to 65.5 from 60.3 in November in yet another strong indicator American factory floors are returning to ac-

Index growth

- The index first registered growth in August after 18 months of contraction, hitting a low of 32.9 a year earlier.

tion after almost two years of falling output and layoffs. "It's huge," said Derek Holt, with Scotia Capital.

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for more Business news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Singapore On the waterfront



A woman visits the waterfront at Singapore's business district yesterday. Singapore's economy shrank in the October-to-December period after surging for two straight quarters, sparking fears of a renewed recession.

Business in brief

SKYSCRAPER Dubai opened the world's tallest skyscraper yesterday, and in a surprise

move renamed the gleaming glass-and-metal tower Burj Khalifa. **THE ASSOCIATED PRESS**

IT'S PAYDAY inc.

Make TODAY, your Payday!
(FAST APPROVALS BY PHONE OR INTERNET)
35% OFF FIRST LOAN WITH AD
LOWEST RATES IN THE GTA
BORROW UP TO 50% OF YOUR NET PAY, FROM \$100 TO \$1000 UNTIL PAYDAY!
Or Call Us:
416-588-LOAN (5626)
940 BLOOR ST. W. (BLOOR & OSSINGTON)
Apply online: www.itspaydaytoday.com

This Year, Find The Relationship Of A Lifetime



Call Today For Your Free Introduction
416 913-5656

Premier Introductions caters to exceptional men and women who are serious about starting a long-term relationship with the right person.

www.premierintroductions.ca **PREMIER INTRODUCTIONS**

Need Foreign, Go Local.

100+ Currencies*
available from
all over the world

NOW OPEN!

COURIER DEPOT
(inside Loblaws)
3045 Mavis Road, Mississauga

4 Currency ATM**100+ Currencies*****NOW OPEN!**

BEL AIR TRAVEL
6200 Dixie Road, W., Suite 107
Mississauga



Financial Services
Fast. Friendly. For You.

*Subject to availability. Thomas Cook Financial Services is part of Thomas Cook Canada Inc.

NOW OPEN IN MISSISSAUGA

CANADA'S BRIDAL SHOW

Metro Toronto Convention Centre
255 Front St. West, North Building
January 8, 9, 10, 2010

DOORS OPEN

Friday: 5 pm - 10 pm
Saturday: 10 am - 9 pm
Sunday: 10 am - 6 pm

FASHION SHOW HOURS

Friday: 7:30 pm
Saturday: 2 pm & 7 pm
Sunday: 1 pm & 4 pm

**5 DIAMOND RING
GIVEAWAYS!**

BIGGEST & THE BEST!

The most prestigious vendors all under one roof!

LOTS TO SEE • 400 EXHIBITORS • LOTS OF SAMPLING
LOTS OF IDEAS • LOTS OF GIVEAWAYS



ADMISSION: \$15

www.canadasbridalshow.com • 905.264.7000

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.65%	1.20%	1.20%	1.00%	0.75%	1.20%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONews.CA

New year's resolutions: Consider two lists

MoneyMatters



metronews.ca/moneymatters

I am in my 30s and know that saving for the future is important. How can I go about achieving this?

— Randy

A Money and losing weight top the list of new year's resolutions, but three out of four Canadians fail to keep them. Write down your resolutions, but consider having two lists — a "will do" list that comprises two or three things and a longer "would like to do" list.

Here are some ideas for "will do" resolutions:

- Be honest with yourself. Don't fantasize about

being 17 again or hum If I Had A Million Dollars.

- Set short-term objectives and long-term goals, such as saving \$2,000 in six months.
- Be specific as to how you will reach your goals. For example, set up a new Tax Free Savings Account.
- Periodically evaluate your achievements.

Henry Choo Chong, CGA, can be reached at hchoonghcg@yahoo.ca and 416-485-5225.

Rules of regifting

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

ly far exceeds what you spend during the festive season. Think showers, weddings, stag and does, birthdays, anniversaries, graduations, baptisms, bar and bat mitzvahs, retirements, promotions — oh my!

Here's one way to prevent all these events from digging too deeply into your wallet. Tag and bag. Take all your unwanted and unneeded items from the holiday season and assemble a regift pile. Forget anything not properly packaged, stuff that looks like it came from the dollar store and handmade items — no matter how nice, passing them off as crafted by you

know that I nattered at you before Christmas about not buying useless stuff for people who won't remember what you gave them. Most of you probably did it anyway under pressure of self-imposed guilt.

While you may be heartily sick of hearing anything to do with presents, I offer another thought to help you deal with this expensive habit as the year unfolds.

We focus on the end-of-year holidays as the primary gift-buying extravaganza, but when you examine the rest of the year what you buy for friends, family and colleagues like-

is plain bad karma. Nix most edibles with the exception of boxed items such as an artisan honey or jam set. Oh yes, and anything dated, like calendars, is history.

Now take careful note of who gave the regift prospect to you. Missing this step can be fatal.

In my regift drawer this year is a mouse flashlight that will delight a nephew and a pine candle that is too fragrant for my husband's sensitive nose.

Follow this process through the year and you will always have on hand an inventory of items that cost you nothing but, hopefully, will be appreciated by a recipient.

Start the new year off by reforming your gift-buying excesses with the help of the R mantra — regift.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Taoist Tai Chi™ for me?

ALL CULTURES MOVING TOGETHER IN HARMONY



Do your New Year's resolutions include ...

- Improving your health
- Reducing stress
- Improving balance
- Greater flexibility
- Exploring the mind-body connection

Taoist Tai Chi™ internal arts of health can help you take a step -- actually 108 steps -- towards better health. This ancient, gentle art can be practiced with great benefits by people of all ages. It calms the mind, and energizes the body. The 108-move set, developed by our founder, Master Moy Lin-Shin, taught by instructors of the **Taoist Tai Chi Society™** helps to improve balance, circulation and posture; increases strength and flexibility; promotes relaxation and reduces stress. Practitioners including those who come with specific health issues such as high blood pressure, arthritis, low bone density, high cholesterol, MS or Parkinson's have found many benefits through **Taoist Tai Chi™** internal arts of health.

The International Taoist Tai Chi Society -- which started in Toronto 40 years ago this year -- has spread from its Ontario base around the world, with more than 40,000 members in 25 countries. The Taoist Tai Chi Society of Canada is a registered charity and all its fully-accredited instructors are volunteers whose interest is in helping others.



JOIN A CLASS TODAY!

New Classes are starting in January

and then monthly in Brampton, Etobicoke, Mississauga, Markham-Stouffville, North York, Richmond Hill, Scarborough, Toronto Downtown, Toronto Midtown, Toronto Upper Beaches, Whitby and throughout Ontario.

Visit www.toronto.taoist.org or email to classes@taoist.org for information about our open house and class schedules.

Head Office - 134 D'Arcy Street, Toronto ON., M5T 1K3

Tel: 416-656-2110 Fax 416-654-3937

The Taoist Tai Chi Society of Canada is a registered charity - #119258655 RR0001

www.taoist.org

BRIDAL BLOWOUT SALE

Double Tree by Hilton-Toronto Airport 655 Dixon Road

SAVE UP TO 80%
on Wedding Gowns, Designer Suits, Mother's Gowns, Evening Wear and accessories

wedding gowns starting from \$299 and up

January 7th to 10th, 2010

Amanda-Lina's
Sposa Boutique

Woodbridge store closed during sale event.

905.265.8707 • www.amandalinas.com

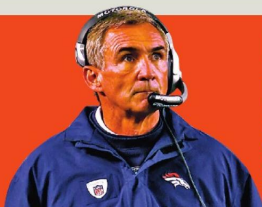
Gowns can be brought to the store for alterations at a later date.

Cash, Visa, MasterCard, Debit only

Riders GM pleads guilty to sexual assault

Eric Tillman, the general manager of the Saskatchewan Roughriders, pleaded guilty yesterday to sexual assault involving a teenage girl. He said he was "profoundly sorry" for what he did to the teen, his family and the entire Roughrider organization. **THE CANADIAN PRESS**

Sports



Redskins courting Shanahan

The Washington Redskins have moved quickly in their pursuit of Mike Shanahan. The former Denver Broncos coach flew to Washington on owner Dan Snyder's plane hours after the team fired Jim Zorn. Shanahan is the team's top choice to replace Zorn, who was dismissed yesterday, a day after Washington completed a 4-12 season with a 23-20 loss at San Diego.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

U.S. no easy foe

WORLD JUNIOR PREVIEW

United States vs. Canada

Canada's path to a record sixth straight gold medal goes through an American team that has already given them one scare at the world junior hockey championship.

Canada will face the United States in the final tonight (TSN, 8 p.m. ET) looking to settle any question of which country has the better team after pulling out a comeback 5-4 victory in a shootout over the Americans in round-robin play Dec. 31.

"It's good

for us because we feel we didn't play a very good game against them the first time," said Canadian forward Brandon McMillan. "We weren't ready to play and they took it to us."

The Credit Union Centre will no doubt be as solidly behind Canada as it tries to make history by winning a sixth straight gold, as they were on New Year's Eve when the Americans came within five minutes of an upset win over their hosts.

Out-

played by the U.S. for much of the game, Canada trailed 4-2 in the third period before managing to tie the affair. Later, in the shootout, Jordan Eberle, Nazem Kadri and Brandon Kozun all scored on Jack Campbell, while Jake Allen stopped American veteran Jordan Schroeder to secure the win.

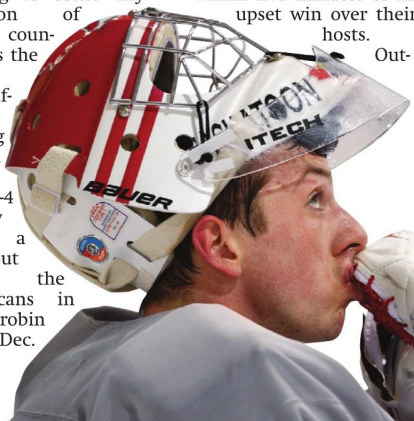
"Everyone thought we played really poorly, and not a lot of people respect how well the States played," said Canadian coach Willie Desjardins. "They've got a real good hockey team."

It won't help that Canada will be without defenceman Travis Hamonic, who suffered a suspected separated shoulder when he was hit from behind into the boards in Canada's 6-1 victory over the Swiss in the semi-finals.

THE

CANADIAN PRESS

Jake Allen



SCOREBOARD

NFL PLAYOFFS

WILD CARD ROUND
AFC
Byes: Indianapolis, San Diego
SATURDAY'S GAME
N.Y. Jets at Cincinnati, 4:30 p.m.
SUNDAY'S GAME

Baltimore at New England, 1 p.m.
NFC
Byes: New Orleans, Minnesota
SATURDAY'S GAME
Philadelphia at Dallas, 8 p.m.
SUNDAY'S GAME
Green Bay at Arizona, 4:40 p.m.

NHL

YESTERDAY'S RESULTS
N.Y. Rangers 3 Boston 2
Los Angeles at San Jose

NBA

YESTERDAY'S RESULTS
Atlanta at Miami
Oklahoma City at Chicago
New Orleans at Utah
Portland at L.A. Clippers

Sports in brief

BILLS The Buffalo Bills opened their off-season by firing interim coach Perry Fewell and the rest of his staff yesterday. Though Fewell was dismissed, he will still interview for the team's vacant head coaching job, according to a source.

GUNS Washington Wizards star Gilbert Arenas says he took unloaded guns from his locker in a "misguided effort to play a joke" on a teammate. Arenas released a written statement after meeting with law enforcement officials yesterday.

terday.

3 STARS Vancouver Canucks centre Henrik Sedin, Phoenix Coyotes goaltender Ilya Bryzgalov and Chicago Blackhawks right-winger Patrick Kane are the NHL's Three Stars for the month of December.

BASEBALL Jason Bay's contract with the New York Mets includes a \$17-million US option for 2014 with a \$3-million buyout, a person familiar with the deal told The Associated Press. The Trail, B.C., native took a physical yesterday, a

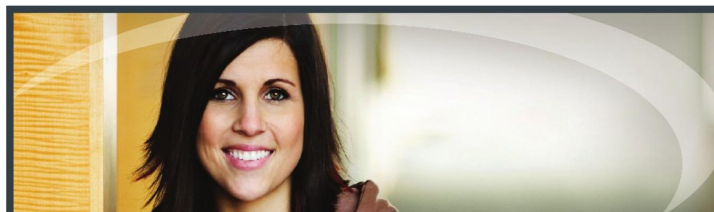
necessary step to finalize the deal, and the Mets scheduled a news conference today at Citi Field to introduce Bay.

METRO NEWS SERVICES

m.metronews.ca



Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3



Biovail Contract Research specializes in conducting clinical research trials involving investigational medications. We are looking for healthy Caucasian males and females who are non-smokers and free of daily medication to participate in the following studies:

Study #1 3682 Caucasian Males & Females, 18-50 years old

2 Session(s)

Session 1 - Friday, January 22 through Sunday, January 31 **Session 2** - Sunday, February 7 through Tuesday, February 16
with 1 follow up visit a month following the second session. Compensation is up to \$3140 for study completion (disbursed throughout study).

Study #2 3683 Caucasian Males & Females, 18-50 years old

2 Session(s)

Session 1 - Monday, February 1 through Wednesday February 10 **Session 2** - Wednesday, February 17 through Friday February 26
with 1 follow up visit a month following the second session. Compensation is up to \$3140 for study completion (disbursed throughout study).

Want to know more? Go online at

www.biovail-cro.com

or call (416) 752-3333

BIOVAIL
Contract Research

A blizzard of low prices

January Sale!

PUERTO PLATA

\$369

DOMINICAN REPUBLIC
Luperon Beach Resort ***
All Inclusive - 7 nights
Sat, Jan 16,
Add taxes & fees \$320

VARADERO

\$399

CUBA
Agua Azules Hoteles C Cameleon ***
All Inclusive - 7 nights
Fri, Jan 15,
Add taxes & fees \$204

CAYO COCO

\$499

CUBA
Oasis Playa Coco Cameleon ***½
All Inclusive - 7 nights
Sun, Jan 10,
Add taxes & fees \$204

PUNTA CANA

\$499

DOMINICAN REPUBLIC
Carabela Beach Resort & Casino ***½
All Inclusive - 7 nights
Sun, Jan 10,
Add taxes & fees \$320

PANAMA

\$599

Royal Decameron Golf, Beach Resort & Villas Panama *****
All Inclusive - 7 nights
Mon, Jan 11,
Add taxes & fees \$219

RIVIERA MAYA

\$599

MEXICO
Ocean Maya *****
All Inclusive - 7 nights
Sat, Jan 16,
Add taxes & fees \$272

CONTACT YOUR TRAVEL AGENT

marlin travel
1-877-888-1717

Sears travel
Every trip has its rewards

tripcentral.ca
1.800.665.4981

OR

NOLITOURS.COM

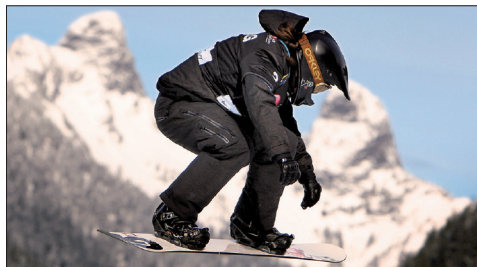
NOLITOURS
It's all included

Flights are from Toronto via Air Transat, SkyService or Canjet. Prices are valid for new bookings. Package prices shown are per person, based on double occupancy in lead room category unless otherwise stated. Space and prices are subject to availability at time of booking and prices are subject to change without notice. Taxes and all transportation related fees are extra and noted above. For full descriptions, terms and conditions and insurance refer to the Nolitoours 2009/10 brochure. Nolitoours is a division of Transit Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg. no 50009488) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8.

tico.ca

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA



Snowboarder Maelle Ricker

Golden opportunities

A look at five of Canada's top medal hopefuls

With one month to go before the 2010 Winter Olympics, Metro looks at five of Canada's top gold medal hopefuls.

Canadian women's hockey team

In the three Olympic Games since women's hockey was introduced, the team has captured two golds and one silver. It will likely face off for the gold medal against the United States, which won the 2008 and 2009 world championships. Veteran forward Hayley Wickenheiser will vie for her fourth Olympic medal. "Hockey Canada has a goal to win three medals in Vancouver at the Olympics and Paralympics: Men's, women's and sledge hockey," said Johnny Misley, executive vice-president of hockey operations at Hockey Canada. "Anything else would be a disappointment to all Canadians."

Maëlle Ricker, snowboarder

Maëlle Ricker's Olympic dreams were nearly dashed by knee injuries, but even eight surgeries couldn't stop the North Vancouver resident from achieving 28 career podiums, including 13 victories, on the FIS World Cup Tour. She took fifth place at her first Olympics — the 1998 Nagano Games when she was 19 — and fourth in the 2006 Turin Games. In December, Ricker won

gold at a World Cup stop in a snowboardcross event in Telluride, Colo.

Christine Nesbitt, speedskater

At the 2009 ISU Speedskating World Cup meet in December, Melbourne, Australia-born (and London, Ont.-raised) Christine Nesbitt won two gold medals in two days — the first in the 1,500-metre event and the second in the 1,000-metre event. In total, she has 13 World Cup gold medals, 22 silver medals and 11 bronze medals. With Kristina Groves and Cindy Klassen, Nesbitt took home a silver medal in team pursuit at the 2006 Winter Olympics in Turin.

Jasey-Jay Anderson, snowboarder

Jasey-Jay Anderson is Canada's most decorated snowboarder. The 34-year-old native of Val-Morin, Que., won four consecutive FIS Snowboard World Cup titles from 2000 to 2004 and is a four-time overall World Cup champion. On Dec. 17, Anderson

took top spot in the parallel giant slalom at a World Cup snowboarding competition — his 25th career World Cup victory across all disciplines.

Charles Hamelin, speedskater

The 25-year-old native of Lévis, Que., has earned a dozen world championship medals since 2005, a silver medal at the 2006 Turin Games in the 5,000-metre relay and five medals — including three gold — at this season's World Cup

To follow the progress of the Olympic torch, visit: metronews.ca

events. Hamelin will compete in the 500-, 1,000-, 1,500-metre events and the 5,000-metre relay at the 2010 Winter Olympics and is considered a medal threat in each one. Mylène Croteau, manager of communications for Speedskating Canada, believes Hamelin could be the first Canadian athlete to win gold since the 1,500-metre medal rounds will be held on the first day of the Games.

METRO CANADA



Speedskater Christine Nesbitt



Speedskater Charles Hamelin



Hayley Wickenheiser, right, Jayna Hefford, centre, and Caroline Ouellette of the women's hockey team

Snowboarder Jasey-Jay Anderson



DEL CONDOMINIUM RENTALS INC.

Accolade

Don Valley Parkway & Eglinton
Please contact Kim Hayman:
Email: Kimberley_h@delrent.com
Tel: 416-558-9034

Ultra Ovation

Burnhamthorpe Road & Living Arts Drive
Please contact Christina Bold:
Email: cbold@delrent.com
Tel: 416-558-4003

Open House: Wednesday 5 p.m. – 7 p.m.
Del Condominium Rentals Inc. www.dcri.ca
Leasing Applications Currently Being Accepted



HUMBER

The Business School

OVER 150 WAYS TO BE SUCCESSFUL IN BUSINESS

The Business School at Humber
offers over 40 full-time and part-time
diploma, degree and certificate programs.

Study on campus, by distance,
or take evening or weekend classes.
Choose from over 150 individual courses
or from numerous workshops.

Apply now!

**be
more**



business.humber.ca

The university or college that boasts a first-place winner in either level receives \$5,000 from CGA Ontario awarded to its accounting department. A cash prize of \$100 and a scholarship worth \$1,000 towards the CGA program will be awarded to the winning student from each institution that has students registered. **METRO NEWS SERVICES**

The rules of the one-hour accounting contest (see below)

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

One-hour accounting contest

This skill-testing online accounting contest is comprised of 100 multiple choice financial accounting questions, offering \$50,000 in cash prizes, and scholarships for the CGA program of studies, and is open to both Ontario university and college students. The contest takes place March 17. Register today at cga-ontario.org/contest

NEWS CANADA

Workplace dressing for women

Avoid trends, and dress for yourself first, says Yorkville dressmaker/tailor

RAFAEL BRUSILOV
for Metro Canada



For women, dressing well in the workplace is all about embracing your femininity — and suffering just a little bit for fashion.

Iulia Isbasoiu, designer and owner of As You Like It custom dressmaking and tailoring in Toronto's swanky Yorkville neighbourhood, says looking good in the office takes commitment.

"A woman in the workplace should be presentable, elegant and chic and for me, she has to suffer a little bit to capture that image of a woman," Isbasoiu said.

Yet the kind of suffering Isbasoiu means isn't about awkward-fitting haute

"A woman has to respect herself and get dressed for herself first, before others. Dress the way you look and feel good and that look will be your image."

Iulia Isbasoiu of Yorkville's As You Like It

couture or long hours spent accessorizing but rather the understanding that you can't allow yourself to be lazy with white shirts and dark suits all the time. Instead of dressing for your workplace, dress for yourself first, Isbasoiu says.

"A woman has to re-

spect herself and get dressed for herself first, before others. Dress the way you look and feel good and that look will be your image," Isbasoiu said.

Staying true to your

Suits are good, but don't over-do them — and don't be afraid to add colour, says one designer.

femininity is important and Isbasoiu says a female workplace fashion has become too masculine.

"I find many women who are competing with men in the workplace try to dress more masculine and

rigid. I'm not crazy about that. As a woman you have other ways to compete with men. You are a woman, why do you have to change what you are?" Isbasoiu said.

To that end, give your dark suits a rest and

don't be afraid to try on some variety and colour.

"I love suits, they can be quite elegant and it's true that black looks good but some colour is good as well. Each woman has colours that look good on her," Isbasoiu said.

For a change, go with a nice cardigan, which Isbasoiu says is more relaxed without sacrificing any elegance.

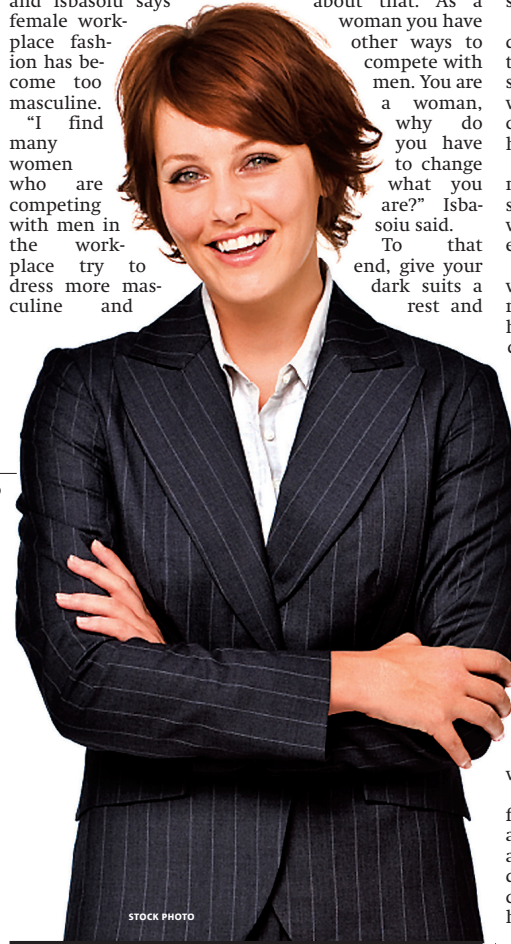
Before considering what's "trendy" to wear, remember that trends are highly generic and often don't speak to individual needs of what looks good on specific people. Take what you like but make sure anything you wear fits your personal style. "Don't just follow trends. You have to take from them what applies to you — if you don't look good in it then it doesn't matter what style is 'in,'" Isbasoiu said.

Of course Isbasoiu suggests avoiding anything too revealing but then again a well-dressed should never reveal too much, whether at a coffee shop or in the workplace, she says.

When it comes to footwear, Isbasoiu is adamant that high heels are non-negotiable. Just don't forget that other crucial accessory: Pantyhose.

"High heel shoes change the whole image — they are an important accessory. But some women are wearing shoes without pantyhose — for me that's a huge no-no. Nice, sheer pantyhose is elegant while still showing off your legs," Isbasoiu said.

Wearing low shoes to the office and then pulling a switcheroo at your desk is a faux pas as well, unless it's the dead of winter and you need your boots.



STOCK PHOTO

Career Finder

LEADING ENERGY COMPANY

looking for experienced
Energy Recruiter
BASE SALARY
PLUS INCENTIVE BONUS!
Email Resume to:
atoroghi@summittenergy.net
or call
416.880.4151

JOIN metro life panel

Give us your opinion on various topics
and enter for your chance to **WIN**
great monthly prizes.

Become a member today!

metrolifepanel.ca

HOME SERVICES COMPANY

looking for representatives to register
homes for energy efficient replacement
equipment. No experience necessary,
full training provided.

Earn \$600 - \$650 per week
PLUS BONUS.

416.218.0000

Longo's
Since 1966

looking for a great place
to refresh your career?

the market
by Longo's

We are passionate about our food, customers, the community & our people.

JOB FAIRS

for our New HBC Location (Yonge & Bloor)

Managers will be on-site to meet & interview qualified candidates.

Friday, January 8th, 2010 9:00 a.m. - 4:00 p.m.

Saturday, January 9th, 2010 9:00 a.m. - 4:00 p.m.

at the Comfort Hotel
15 Charles Street East - 1st Floor
Toronto, ON, M4Y 1S1



Our team members enjoy...

- Working for a 50 Best Managed Company
- Competitive Wages
- Career Growth Opportunities
- Building Relationships
- Flexible Hours
- In-store Purchase Discounts
- Company Paid Benefits
- Bonus Plan Program

If you are unable to attend please apply online
at Monster.ca or fax 905-673-1470

Join the largest, most established
independent grocer in the GTA.

Be **Job Ready**
in months,
not years!

Earn your
professional
Diploma!

Evergreen College

Second Career, EI, SA & ODSP recipients are welcome

Morning,
evening &
weekend
classes

Pharmacy Assistant
(Toronto Campus)

Community
Service
Worker

Medical
Office
Admin

Early
Childcare
Assistant

Personal
Support
Worker

Computer System
&
Network Specialist
A+, MCSE, CCNA

Computerized
Accounting
&
Payroll

Ask us
about
**Bonus
Certifications**

Field Placement &
Job Assistance included
www.evergreencollege.ca

Call
Now!

Toronto Downtown Campus

416.365.0505

67 Yonge Street 4th Floor (King & Yonge)

Mississauga Campus

905.566.0507

Unit 201, 1140 Burnhamthorpe Rd. W.

Are you in the dark about
your future?

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
Call Now! **1-866-475-3194**
Visit us online at www.MoveAhead.ca
Brampton • Mississauga • North York
Scarborough • Toronto Central
Toronto College Park
Career services assistance available.
Financial assistance may be
available for those who qualify.

IT and manufacturing industries set to hire

According to a CareerBuilder survey of 2,700 hiring managers and human resource professionals across industries, hiring in the new year promises to affect a wide variety of jobs types — it just might take a little while to get going.

"Although 20 per cent of employers plan to add headcount in 2010, up from 14 per cent last year, they still remain cautious in regards to their hiring. We're headed in the right direction but should not expect to see actual job growth until at least Q2 2010," said Matt Ferguson, CEO of CareerBuilder.



Many company will be hiring this year according to a survey.

Hiring By Industry

Comparing selected industries, hiring is expected to increase in information technology, manufacturing, financial services, professional and business services, and sales in the coming year. Thirty-two per cent of IT, 27 per cent of manufacturing, and 23 per cent of financial services employers plan to add full-time, perma-

nent employees in 2010, followed by 22 per cent of employers in professional and business services and 21 per cent in sales. Health-care employers are also planning to expand staffs at 21 per cent followed by 18 per cent of transportation employers and 15 per cent of retail.

Hiring By Job Type

When asked which areas

employers plan to hire for in 2010, one-third pointed to technology followed by 28 per cent in customer service. Nearly one-quarter (23 per cent) plan to add sales people, 18 per cent will add research/development, 17 per cent in business development, 15 per cent in accounting/finance and 14 per cent in marketing.

METRO NEWS SERVICES

TIPT

GRADUATES ARE IN DEMAND

FIND OUT WHY SO MANY UNIVERSITY GRADUATES COME TO TIPT TO LAUNCH SUCCESSFUL CAREERS IN THE PHARMACEUTICAL INDUSTRY.

OPEN HOUSE

Date: Saturday January 9, 2010

Time: 11:00AM

Location: 55 Town Centre Court, Suite 800 Toronto, ON M1P 4X4

RSVP TODAY!
416.296.1478
info@tipt.com



PHARMACEUTICAL PROGRAMS INCLUDE:

- Research and Development, Post-Graduate Diploma
- Regulatory Affairs, Post-Graduate Diploma
- Quality Assurance & Quality Control, Post-Graduate Diploma
- Manufacturing Technology, Diploma
- Quality Control Analyst, Post-Graduate Certificate

TIPT IS THE LINK BETWEEN YOU AND EMPLOYERS!

- Exclusive Job Placement Assistance
- High Employment Rate
- High Entry Level Salary



TORONTO INSTITUTE OF PHARMACEUTICAL TECHNOLOGY

Pioneering Professional Excellence & Certification
55 Town Centre Court - Suite 800 - Scarborough, Ontario M1P 4X4

"17 years of excellence in pharmaceutical science and technology"

(416) 296 1478

info@tipt.com

www.tipt.com

CENTENNIAL COLLEGE

CONTINUING EDUCATION OPEN HOUSE

Wednesday, January 6

Learn more about our:

- Accelerated Programs
- Distance Learning Options
- Evening and Weekend Courses
- Abundant Subject and Discipline Choices

Program representatives and faculty will be on hand to answer your questions. And our employment training advisors and program counsellors can help you chart a path that will help you fulfill your career or personal goals.

Visit our Progress Campus, 941 Progress Ave. from 5 to 7 pm. Parking is free. For more information go to centennialcollege.ca/ce

The Future of Learning



Health & Beauty

Weighing your options

Losing those extra pounds can begin with looking at food differently

CELIA MILNE
for Metro Canada

Hope to lose weight this year? Get ready to think differently about food. "Any change we make to improve our weight needs to be a lifestyle change for good, not just a quick fix," says Dr. Janine Bowring, a Toronto doctor of naturopathic medicine.

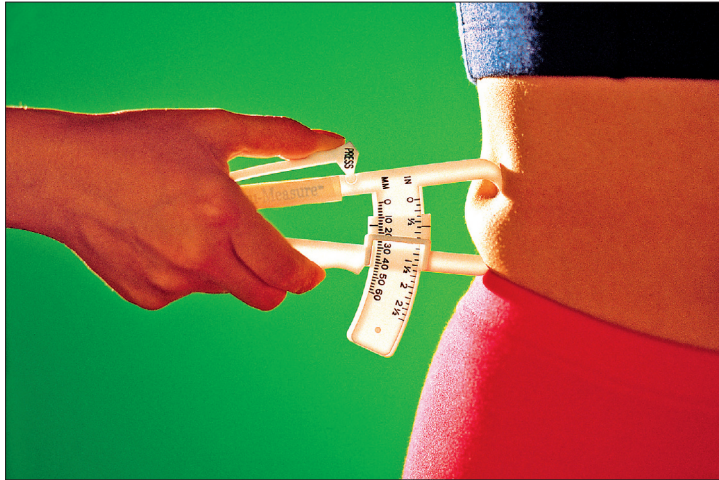
Many of us blurt out on New Year's Eve that we are determined to diet and get in shape this year. Easier said than done.

"New Years resolutions to get in shape and lose weight rarely work for the long haul. Some people even gain more weight because they overeat in the holiday season knowing that Jan. 1, they are officially starting their weight loss," says Bowring, who is author of the book *The Healthy Millionaire* and formulator of VitaTree Nutritional.

"Goals for weight loss should be set for the long run, not just for a diet."

Three small achievable goals that Dr. Bowring suggests setting are:

- Eat smaller amounts regularly
- Do not skip meals
- Eat more slowly.



Weight loss goals should be for the long run, not a quick-fix solution.

These can improve our digestion and decrease overeating, thus resulting in weight loss, she says.

Avoid labelling certain foods as "bad" as we tend to want more of what we can't have. "If we can focus our attention to eating well 80 per cent of the time, the other 20 per cent can be our indulgences, without the attributed guilt that leads to overeating," Bowring suggests.

Beware of emotional eating — try not to eat differ-

ently when stressed, angry or bored.

"Skinny people tend to eat whatever they want, whenever they want. They don't feel bad about it and they also don't overeat because they feel emotionally satisfied," she says.

Bowring suggests New Year's detoxification to help you feel lighter on your feet.

- Squeeze a quarter lemon in warm water and drink first thing in the morning. This helps to get the diges-

tive enzymes going.

- Add parsley to your salads and other dishes; it is good for the kidneys.

- Make sure you are getting enough fibre. Add psyllium to water or juice once a day on an empty stomach (1/4 tsp). Eat lots of whole grains and carrots.

- Do deep breathing exercises daily.

- Sweat it out. Regular exercise detoxifies the skin and helps you lose weight and then maintain weight.

Don't quit trying to quit smoking

CELIA MILNE
for Metro Canada

SMOKES Did you resolve to quit smoking this year? It's tough to do, but it's a very powerful factor in improving health.

Smoking kills tens of thousands of Canadians a year. It is well known that smokers have a higher risk for lung cancer. But few people realize that smoking also raises your risk of heart disease.

Nicotine is addictive. When you inhale from a cigarette, nicotine enters your bloodstream instantly and triggers release of dopamine into the brain.

The brain gets used to the stimulation, and then craves it. In order to quit, you have to be ready to deal with the cravings and the withdrawal symptoms.

Here are some tips on quitting:

- Set a quit date.
- Declare that you are going to quit, by telling family, friends, and co-workers.
- Ask your doctor or pharmacist what product might help you.

- List the benefits of quitting, such as looking better and feeling better.

- Write down strategies for managing withdrawal.

- Practice how you will deal with cravings
- List your triggers



Health Tips in brief

HEART Meeting a friend for coffee? Why not go for a walk with her instead? You can receive health tips like this every week from the Heart & Stroke Foundation. The idea is to reduce women's risk of heart disease and raise awareness that heart disease isn't just a problem among men. In some women, risk can be

reduced by 80 per cent just by adopting a healthy lifestyle, according to the foundation. Tips are delivered via text message, email or RSS. Sign up for Heartbeats at thehearttruth.ca/heartbeats/ before Mar. 2 and you could win tickets to LG Fashion Week in Toronto.

CELIA MILNE/
FOR METRO CANADA

We have the best selection in natural health care and *organic* products.

Ester-C Bonus Size \$18.99 150 Capsules	CoQ10 60mg \$11.99 60 Capsules	Vitamin D 1000IU \$5.99 180 Tabs	Resveratrol Rx 265mg \$19.99 60 Veggie Caps	Botanica Immune Strength \$14.99 50 ml	Herbal D-Tox Kit \$29.99 12-day program	Iso-Whey 340mg \$18.99 60 Veggie Caps	Active Men + Women Multi's \$16.99 60 Veggie Caps	greens+ 255g original \$34.99 Increases energy. Powerful antioxidant formula. Available in four flavours.
Emergen-C \$19.99 1000mg Vitamin C	Cal/Mag without D \$6.99 90 Caps	Mental Calm \$15.99 60 Chewables	Acidophilus & Bifidus \$9.99 90 Caps	CUSTOMER APPRECIATION DAY JANUARY 29TH visit our website www.noahsnaturalfoods.ca for details		Noah's Grocery & Body Care Specials \$1.49 each 51g All Flavours \$8.29 325ml		

Noah's
322 BLOOR ST. W. (at Spadina)
416-968-7930

Noah's
2395 YONGE ST. (1 light N. of Eglinton)
416-488-0904

Noah's
667 YONGE ST. (1 light S. of Bloor)
416-969-0220

Noah's
9121 WESTON ROAD (at Rutherford)
905-850-2873

BULK Organic Quinoa **\$3.69/lb**

BULK Organic Brown Flax Seeds **\$1.59/lb**

BULK Organic Whole Wheat Flour **99¢/lb**

BULK Raw Almonds **\$4.99/lb**

BULK Stephano's Muesli **\$2.19/lb**

BULK Organic Pitted Prunes **\$6.29/lb**

Visit www.noahsnaturalfoods.ca for info on free seminars & mail order! Pricing in effect until JAN 24, 2010

SPECIAL FOCUS ON:

New Year's Resolutions

health & beauty 17

Predictions for the next decade of dating

The J Spot

Josey Vogels

metronews.ca/thejspot

As we move into a new decade, here are a few of the sex and dating trends I predict we'll see.

GREEN SEX

The greening of sex went mainstream in 2009 with LifeStyles SKYN Condom, a non-latex condom made from polyisoprene, an ancient material that apparently the Aztec harvested from the sap of the hevea tree to make waterproof boots. Toronto-based sisters Kim and Amy Sedgwick will continue this trend thanks to the support of Liberal

MP and physician Carolyn Bennett in a campaign to have BPA and phthalates (two known endocrine disruptors) banned from sex toys.

MORE SEX DRUGS

Thanks to the huge popularity of erectile dysfunction drugs like Viagra, the race is on to develop drugs to treat other sexual problems such as premature ejaculation and "female sexual dysfunction." Eventually they'll come up with a drug that will simply simulate sex entirely, taking the performance pressure off everyone.

CELEB SEX CHANNELS

Thanks to our continuing fascination with the sex lives of our politicians, sports figures and celebrities, we'll no longer be satisfied with the occasional scandal or "leaked" sex tape. Entire specialty channels will be devoted to airing the sex lives of the rich and famous.

MATCHMAKING MEETS SCIENCE

Pseudo-scientifically based matchmaking will be the next big rip-off, I mean, trend in matchmaking. Scientificmatch.com claims to be

one of the first online dating sites to use DNA testing in creating dating matches using a cheek swab test. The site says a better biological match means "better sex, less cheating, and perhaps even healthier children." Hey, and if you actually like each other, bonus.

NON-HUMAN DATING

First there was the Japanese husband who confessed to his wife that he had a virtual girlfriend, a character from an addictive Nintendo DS game called Love Plus. Then, another Japanese guy married his Love Plus girlfriend in front of a live audience, an MC, the bride's virtual video game girlfriend — who made a speech — and a priest (a real, live, human one). He

even took her on a honeymoon to Guam. Well, he took his Nintendo DS to Guam, that is. With the sophistication of robot technology on the horizon, expect to see plenty more non-human "dating."

THE RETURN OF OLD-FASHION DATING

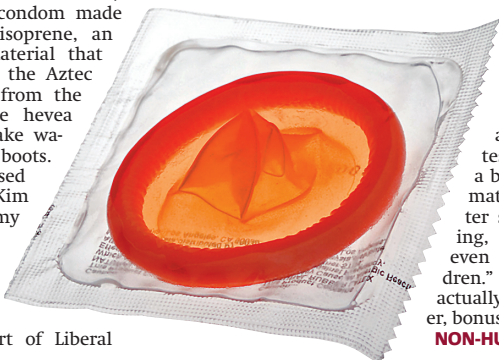
In reaction to the rise of more technology-driven approaches to dating and matchmaking, expect to see a movement back to

good old-fashioned courtship and romance. In fact, Vancouver-based slowdancenights.com has begun holding single's events where they play nothing but slow dancing music all night long.

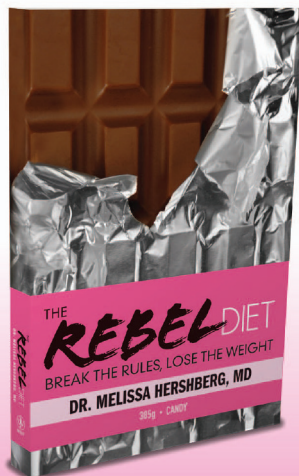
Stairway to Heaven anyone?

Happy New Year.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

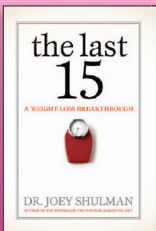
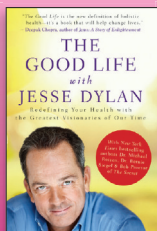


New Year, New You, New Diet!



Break the rules, lose the weight! Your dream diet has arrived, featuring chocolate, carbs, coffee, and, yes, even dessert. Get ready rebels, you're about to EAT. CHEAT. DEFEAT.

Start the year with these great books:



WILEY
Now you know.
wiley.ca

Dr. Miller's
Whole Tea
The Total Body Detox

You'll love the
WAY YOU FEEL!
In 7 days or less

8 tea bags/sachets de thé. Net Wt./Poids net 28g

New Year's Resolution Weight Loss Tea

It's as easy as 1,2, tea!

- ✓ Lose weight & reduce bloating
- ✓ Effectively cleanses the bowel & liver
- ✓ Eases stomach distress such as:
Constipation, indigestion, acid reflux, bloating
- ✓ Detoxify your body from:
Chemicals, parasites, bacteria, toxins

INNOTECH
innotechnutrition.com

\$5
OFF

Present this coupon to your local health food store and receive \$5.00 off a 1 month supply of Whole Tea.

Limit 1 per customer. Not valid at GNC. Expires January 19, 2010. To the retailer: Proof of purchase is required when submitting coupons and must be received after 3 months from the expiry date. Sufficient stock must have been purchased in the previous 90 days to cover the coupons. Code: WTMJ4NYR

Losing weight on tight purse strings

CELIA MILNE
for Metro Canada

Ladies: Budget tight and stomach loose?

If you're looking for ways to get fit, save money and stay motivated in the new year, join the club — without joining a club.

Many women are eager to shape their butt, stomach and thighs, but with the recession still looming, they need to stick to a tight budget. We asked fit-

ness leader Sammie Kennedy to give us some tips.

Kennedy is the creator and CEO of Booty Camp Fitness, a national women's-only boot camp program that has grown to 90 locations across Canada in less than three years.

"I've seen a lot of people splurge hundreds of dollars on annual memberships come January," she told Metro. "By the time March rolls around, though, they aren't using

their membership anymore and are out quite a bit of cash."

To stay on a budget and make sure you don't waste any money, try workouts that offer a pay-as-you-go option.

Many gyms, boot camps and yoga studios will let you buy six, eight or 10 classes at a reduced rate. If you find you're still committed a few weeks in, then you can continue, but if not, then you aren't locked into any contracts.

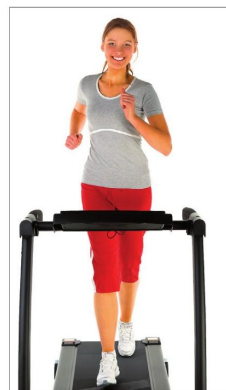
Lately there has been a shift from one-on-one personal training, which is expensive, to group fitness sessions. "A group setting provides support, camaraderie and accountability," says Kennedy. "Knowing that your instructor and peers expect to see you come out means you're less likely to skip a session. It's also a great way to combine social and fitness activity into one while watching your pennies."

Kennedy also suggests

budget-conscious women keep a few fitness accessories handy at home. On days you aren't feeling social or have little time, you can squeeze in a quick solo workout. She suggests resistance bands of varying tensions, a skipping rope, a stability ball and possibly a boot camp DVD.

"Using these regularly will cover off cardio, core and strength training."

For more information on Booty Camp, go to bootycampfitness.com



Staying motivated can be hard for fitness reformers.

Our resident experts say it best.



"Ross University was the only medical school I applied to. It has a great track record and I'm just one of thousands of success stories."

— Armin Kamyab, MD '08
Toronto
Surgery Resident



"I am who I am today because of Ross University. I'm a doctor, I attained the residency I wanted, and I made friends for a lifetime."

— Paola Portela, MD '07
Chicago
Pediatrics Resident



"I learned an appreciation for veterinary medicine and have been inspired every day to be the best I can be."

— Priti Karnik, DVM '01
San Diego
Small Animal Surgeon



"Ross gave me the opportunity to pursue the profession I have always dreamed of. It was an experience I'll never forget."

— Michael Higgins, DVM '01
Vancouver
Veterinary Neurologist



ROSS
UNIVERSITY

SCHOOL OF MEDICINE
SCHOOL OF VETERINARY MEDICINE

Ross University has graduated over 9,400 successful physicians and veterinarians who are practicing throughout Canada and the U.S.

- We place more medical graduates into U.S. residencies annually than any school in the world
- We place more veterinarians into U.S. practice annually than any school in the world
- Canadian student loans are available
- 3-semester schedule that lets you start in May, September or January

Medical School
Dominica

Veterinary School
St. Kitts

Administrative Offices
North Brunswick, NJ



Attend our Information Seminar

Toronto, ON, Saturday, January 16, 2010

Medical Seminar 2 pm

Veterinary Seminar 10 am

The Westin Harbour Castle, Toronto

Register online at RossU.edu

Having Trouble Sleeping with Depression?

If you are: Between the ages of 21 and 64, and have both depression and trouble falling or staying asleep at night, you may be eligible to participate in a treatment study at the Ryerson Sleep & Depression Lab.



For more information call: Olya at 416-979-5000 Ext. 2185

RYERSON UNIVERSITY

unihealth
Established 1995

MASSAGE or ACUPUNCTURE

Pain Relief • Deep Tissue Therapy • Stress Release

INTRO OFFER

\$20 One Hour Massage or One Acupuncture session

First time visitors only. GST not included. Offers expires January 18, 2010. \$20 Massage/Acupuncture Promo not applicable to Registered Massage Therapy.

EXPERIENCE ACUPUNCTURE FOR WEIGHT MANAGEMENT

Downtown Toronto
208-1033 Bay St.
(Bay & St. Joseph)
416.920.3232
OPEN MON — SAT
etb@unihealth.ca

Etobicoke
14 Burnhamthorpe Rd.
(Burnhamthorpe & Dundas West)
416.236.7288
OPEN TUE — SAT
etb@unihealth.ca

North York
206-170 The Donway W
416.391.5822
OPEN MON — SAT
nyk@unihealth.ca

Registered Massage Therapy Extended Health Plans Accepted
Call for introductory price for RMT

unihealth.ca Vancouver • Calgary • Toronto info@unihealth.ca

FED UP WITH FAD DIETS?

STEPS TO LESS™

Weight Management Program



Leading with Innovation
Serving with Compassion

ST. MICHAEL'S HOSPITAL

St. Michael's Hospital is offering a unique group program led by a Registered Dietitian, a Psychotherapist and a Certified Fitness Consultant, who will help you achieve your personal health goals

Price: \$490

Program includes - 12 nutrition classes, 24 fitness classes, healthy snacks, cooking lessons and more!

New 12 week program dates:

January 11th - March 31st, 2010

St. Michael's Hospital

Nutrition Counselling, Yoga, Cardio BootCamp and Healthy Cooking Programs also Available

For more information or registration visit
www.stmichaelshospital.com/programs/nutrition/stl.php

Phone: 416.864.6060 ext 3200

Email: SeniorS@smh.toronto.on.ca



**'Dollar for dollar
the city's best gym!'**

- National Post

EVERYBODY HAS THEIR OWN REASONS...

DISCOVER YOURS!

**'... certainly provides motivation
to work up a sweat.'**

Toronto Life

**'Extreme Fitness fusion
pumps up the extras!!'**

The Sun

**'Extreme Fitness makes
working out feel a lot
less like work.'**

CP24

'The name says it all...'

Toronto Life

JOIN AND RECEIVE A

**90 DAY FREE
FITNESS MEMBERSHIP***

TORONTO

BAY & BLOOR
1-866-745-0520

PAPE & DANFORTH
1-866-785-0894

JOHN & RICHMOND
1-866-729-9706

YORK & WELLINGTON

1-866-733-2436

YONGE & DUNDAS
1-866-638-4618

YONGE & EGLINTON
1-866-861-2351

YONGE & ST. CLAIR
1-866-836-9048

NORTH YORK

YONGE & SHEPPARD
1-866-842-3725

PICKERING
BROCK RD & HWY #401
1-866-780-3153

SCARBOROUGH

MARKHAM RD & LAWRENCE
1-866-723-2115

THORNHILL
YONGE & HWY #7
1-866-767-5688

VAUGHAN

JANE & HWY #7
1-866-767-3842

WHITBY
THICKSON RD. & HWY #401
1-866-763-6641

EXTREME FITNESS
www.extremefitness.ca

* Offer available until January 12th, 2010 or while supplies last. '90 Days Free Fitness Membership' offer based on nine month paid dues. Cannot be used in conjunction with any other promotional offers.
Offer available to first time members only. Facilities and amenities may vary by location. 30 Day Money Back Guarantee* entitles you to a full refund if cancelled within 30 days of joining.

Fans of Brita-type filters can now tote the President's Choice Personal Water Filter Bottle (\$9.99). It holds about three cups of water and filters out significant amounts of lead and chlorine as you tilt and sip. **TORSTAR NEWS SERVICES**

Food



A versatile condiment

With its sweet-and-sour, fruity and spicy flavours, chutney can turn ordinary meals into culinary wows. Beau MacMillan, chef and co-host of the Food Network's upcoming reality show *Worst Cooks*, offers these tips: 1) Use sweet chutney atop something rich, like lamb. 2) Serve it as a dip with tempura shrimp. 3) Use a red pepper and green onion chutney to flavour a ham sandwich on cheddar biscuits.

THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

My predictions

Well, here we are again folks: Another new year and another new decade. I can't think of a better way to celebrate than making a few wine predictions aimed at the next 12 months.

My crystal ball says that the popularity of Argentina will continue this year. The red malbec grape will still reign supreme, but I expect torrentés (a spicy white grown in the country's northern vineyards) to rock your world. Viognier (another pepper white grape) will also get its well-deserved due with wines like Chile's **Cono Sur 2008 Viognier** (\$9.95 - \$11.99) offering fresh, floral aromas and soft, leachy-like flavours that work great with food.

Over to red, shiraz (yes, shiraz) will make waves with its international personality thanks to great new wines from Argentina, Chile, Canada, France and South Africa loosening Australia's grip on the grape.

Though there aren't too many undiscovered countries left to, well, discover; Portugal will rule 2010 with non-fortified wines such as **José Maria da Fonseca's 2006 Periquita** (\$7.95 - \$11.49). Cheap and layered with savoury wild berry fruit, it's a grill-friendly red that only hints at the variety of wines the Portuguese have to offer.



Sweet & tangy

Work some warm greens into your meals

With the decadent holiday season of eating behind us, you're probably looking to eat lighter and healthier.

Instead of pulling out the salads, try working some warm greens into your meals. For other healthy options to help you get your New Year's resolutions started, try our Healthy Choice guide at 20minutesupperclub.com.

This week's meal combines steamed spinach with warm pineapple sauce and chicken to create a delicious sweet and tangy dinner that is perfect for serving to your family casually or can easily be dressed up for guests. Similar to an applesauce, the pineapple sauce gets some depth with the addition of jalapeno pepper. The flavours work well with simple broiled chicken and would also be great served with pork. If fresh pineapple is unavailable, drained canned pineapple can be used instead.

To end the meal on a sweet note without the heaviness, try our "Blondie" or Butterscotch bars. Made with walnut and coconut, these heavenly bars are a perfect nutty flavour to finish the night on.

- CHRISTY PENGILLY



Butterscotch or "Blondie" dessert bars offer the perfect nutty flavour to finish off your meal.

soy sauce
• 1 tsp olive oil
• 4 (4oz) chicken breasts
• 1 1/2 cup diced fresh pineapple
• 1 tsp finely chopped jalapeno pepper
• 1/2 tsp kosher salt
• 1/4 tsp freshly ground black pepper
• 1 lb spinach, about 2 bunches
• 1 tsp fresh lemon juice
• 1 tsp unsalted butter, optional

METHOD:

1. Preheat broiler to high. Line a broiler pan or rimmed sheet pan with tinfoil and set aside.
2. In a small bowl, combine 1-tablespoon honey, 1-teaspoon limejuice, 1-teaspoon soy sauce and olive oil together and mix well. Transfer chicken to prepared pan, season with salt and pepper and brush each breast with honey mixture. Broil chicken until cooked through and golden brown on top, about 10 to 12 minutes.
3. Meanwhile, in a

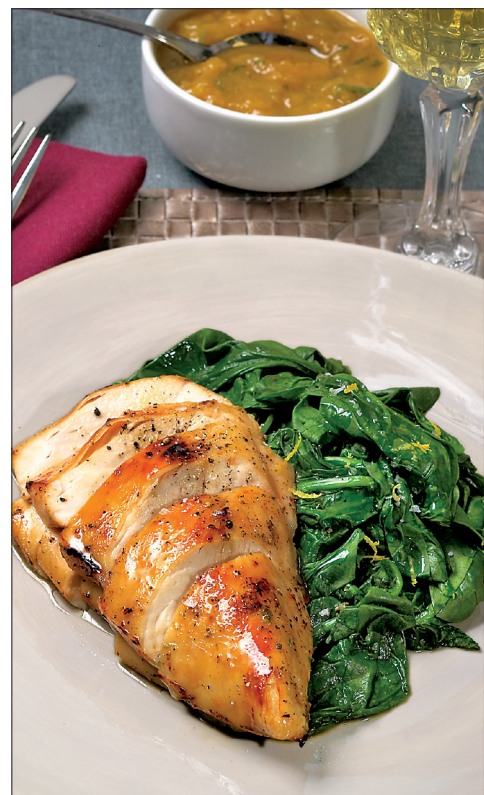
blender, combine pineapple, 2-tablespoons honey, 1-tablespoon limejuice, 2-teaspoons soy sauce, jalapeno pepper and salt together. Puree until frothy and smooth. Pour pineapple mixture into a nonstick pan and set over medium-high heat. Cook pineapple mixture, stirring occasionally, until sauce caramelizes and thickens, about 5 minutes. Remove from heat and set aside.

4. Meanwhile, set a steamer basket over a pot of boiling water. Add spinach, cover and cook until wilted and tender, about 3 minutes. Remove from steamer basket; add lemon juice and season with salt and pepper. Add butter, if desired. Serve chicken with steamed spinach and warm pineapple sauce as a garnish.

Butterscotch Bars

MAKES 24-48 BARS
PREP TIME: 15 MINUTES
COOKING TIME: 30 MINUTES
RECIPE DEVELOPER: CLAIRE STUBB

Perfect meal option for a family or dress it up for guests



Chicken with Warm Pineapple Sauce and Steamed Greens.

INGREDIENTS:

• 1 cup unsalted butter
• 4 cup brown sugar
• 4 eggs
• 4 Tbsp vanilla extract
• 2 cup all-purpose flour
• 2 tsp baking powder
• 1 tsp salt
• 1 cup chopped walnuts
• 1 cup unsweetened, shredded coconut

METHOD:

1. Preheat oven to 375°F. Line an 11- x 17-inch sheet pan with parchment paper. Tip: Put a dab of butter in each corner of pan to stick paper down and keep it in place.
2. In an electric mixer, cream butter and sugar together. Add in eggs one by one and then vanilla.
3. Sift together dry ingredients and add to butter mixture, mixing until just combined. Mix in

Reader contest

• Visit 20minutesupperclub.com/raincoast to enter to win a Raincoast Books New Years Resolution Gift Package worth \$100. For product information, visit raincoast.com. The winner will be drawn at the end of this month.

nuts and coconut.

4. Spread batter out in pan as evenly as possible. Bake for 15 minutes, rotate 180 degrees and continue baking for another 15 minutes. Do not over bake.
5. Cool in pan and then cut into bars or squares.



LEARN TO DANCE



LATIN, BALLROOM & SALSA
New Year's Special - \$50 Off Your First Program
Singles & Couples Welcome
Call Now for A Free Introductory Lesson!

416-485-9305

www.pollockdancestudio.com

Food in brief

SUGAR TIPS The following are natural sweeteners that can replace refined sugar:

• **Agave Syrup:** A succulent plant with a low glycemic index, agave has a sweet mild flavour when baked or made into syrup. Find it in health-

food stores and some major supermarkets.

• **Xylitol:** A sweetener found in plums, among other fruits. It contains 40 per cent fewer carbohydrates than sugar.

• **Honey:** Due to its high carbohydrate content it should be

used only in small quantities. It has roughly 1 1/4 times the sweetening power of sugar.

• **Stevia:** A tropical plant native to Brazil and Paraguay, stevia is 200 to 300 times sweeter than granulated sugar. It can be found in health-food stores

as well as online.

Source: 175 Natural Sugar Desserts by Angelina and Ari Dayan (Robert Rose).

THE CANADIAN PRESS



McConaughey welcomes new daughter

Matthew McConaughey is a daddy again. McConaughey and girlfriend Camila Alves welcomed a baby girl Sunday, the 40-year-old actor wrote on his website. Vida Alves McConaughey weighed in at 7 pounds, six ounces. **TVGUIDE.COM**

21

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

**Light of Day**

Michael Jackson fans have a reason to celebrate. An unreleased track, called *Another Day*, has popped up on the Internet. The track appears to be a duet with Lenny Kravitz. **POPEATER.COM**

Like father, like son

Family at centre of new private eye series Republic of Doyle

IAN JOHNSTON
for Metro Canada



The new CBC mystery/drama Republic of Doyle does make you wonder — are there really private investigators in Newfoundland?

"You know, it's funny, but yeah, there are. In doing the research, we ran into a couple of guys," says series creator Allan Hawco, who also stars as Jake Doyle, the younger half of a family-run P.I. firm operating out of St. John's, N.L.

"And even a father and son team working, which we never expected, but there it was."

Not that Newfoundland

P.I.s get into as much trouble as the older and younger Doyle. In the series, Jake and father Malachy (Sean McGinley) are always finding themselves on the wrong side of the bad guys, the cops, women, their extended family, and the law.

"We wanted to keep with what PIs here usually do — like serving papers or car repos. That's their bread and butter. And it's the same on the show. But when they do that stuff on the show, it tends to get them involved with bigger things."

Bigger things being murder. Or drugs. Or arson. Or a particular persistent graffiti artist.

Newfoundland native Hawco — whose credits include TV's ZOS and H2O — says he didn't base the show on any specific old detective series.

Still, Republic of Doyle does reference '70s TV gumshoes like *Barnaby Rudge* and the father-and-son team on *The Rockford Files*.

"I watched them all growing up. But with Republic of Doyle, we tried to keep it modern, keep it real," says Hawco, who

wrapped filming on the first season on Dec. 22.

"Though we wanted to keep in that sense of Newfoundland humour, we take the subject serious. It can be funny, but it's not a joke."

If anything, Republic of Doyle provides a great showcase for St. John's itself, which figures prominently in the series.

"It's certainly a major character in the show," he says. "And though it was the first one-hour drama ever done in Newfoundland, the community was nothing but supportive."

Hawco says his one hope now is simply that viewers watch the damn thing.



Allan Hawco plays private investigator Jake Doyle on the new CBC mystery/drama series Republic of Doyle.

"I hope that Canadians watch it and think — this is a Canadian show I'm proud of. And that people from outside Canada just think it's a great show."

Brown tops poll of worst dressed

It's a poll victory, of sorts.

British Prime Minister Gordon Brown was named the worst-dressed man of the year by the British edition of GQ magazine.

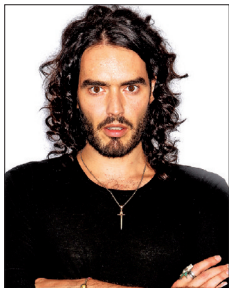
The magazine said Brown, who faces an election this year, is "anything but a prime example of British style." Brown's signature look is a dark suit, slightly rumpled.

Brown's competition for the PM's job, Conservative Party Leader David Cameron, came in at No. 8 on the best-dressed list.

Wild-haired comedian



British Prime Minister Gordon Brown, left, was named worst-dressed man of the year by the British edition of GQ magazine. Comedian Russell Brand, right, finished second.



Russell Brand was second on the worst-dressed list, while French President Nicolas Sarkozy was third.

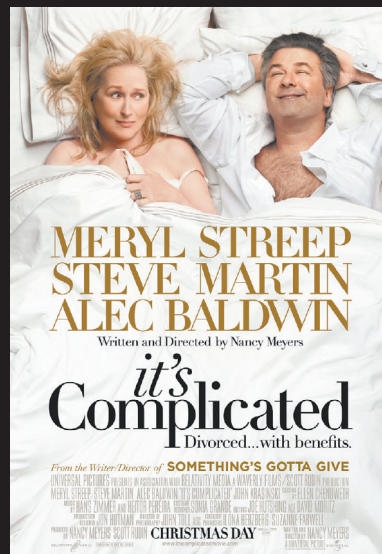
Twilight heartthrob Robert Pattinson was named best-dressed man by the magazine, followed at No. 2 spot by the members of the reunited boy band Take That.

The best-dressed top 10 also included Canadian filmmaker David Furnish

at No. 7 spot, while his partner Elton John had to settle for 14th.

Others in the best-dressed top 10 were David Beckham, rapper Dizzee Rascal, James Bond star Daniel Craig, designer-turned-filmmaker Tom Ford, rocker Alex Turner and the dapper animated star of the movie *Fantastic Mr. Fox*, voiced by George Clooney. **THE ASSOCIATED PRESS**

YOU COULD
WIN
A PAIR OF RUN OF ENGAGEMENT
PASSES TO SEE IT'S COMPLICATED



To see the trailer, visit www.universalpictures.ca
IN THEATRES CHRISTMAS DAY

ENTER FOR YOUR CHANCE TO WIN!
metronews.ca

AMC
THEATRES

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January 10, 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro

For participating theatre locations and show times visit AMCEntertainment.com

mogo

broke from the holidays? need cash fast?
borrow up to \$1500 instantly

apply now!

9 out of 10 approved · get your money as soon as tomorrow

Maximum Allowable Cost per \$100 Borrowed is \$21. Our cost per \$100 borrowed is \$10. Fees on a \$300 loan for 14 days are \$30. The total amount repaid is \$330.

mogomoney.com

the friendliest loan in town

It's already picked up best picture honors from the New York and Los Angeles film critics societies, and now The Hurt Locker has made a clean sweep of the three biggest movie-reviewer groups, winning the National Society of Film Critics prize for the top film of the year. **EW.COM**

Extreme Cuisine aims to educate

New TV series has plenty of 'shock' fare, but stresses sustainability

Pigeon pie. Cow-head tacos filled with eyeballs, noses and brains. And wasp paste made from a ground-up hive.

Sounds like a menu from a challenge in Survivor, only in this case the dishes aren't intended to shock.

They're the meals served up in Extreme Cuisine, a new series that journeys the globe to highlight renewable and sustainable harvested foods of different cultures.

Host Jeff Corwin, the famed conservationist who bravely eats all the unconventional spreads offered to him by locals in the series, says the idea is to celebrate communities that waste nothing.

"This is what they eat," he said in a recent phone interview. "This isn't supposed to be gross-out food, this isn't Fear Factor food. It's really about connecting to people through the food that they eat and opening your eyes to the bigger world."

"We sort of have this filter for all the foods that we highlight and they all have to fall within my clearance of sustainability, locality."

Debuting Thursday on Food Network Canada, Extreme Cuisine travels around the U.S. and to far-flung locals including Thailand, Greece, Morocco and Peru to profile the indigenous foods and

local customs that rely on natural resources.

In the premiere episode in Mexico, Corwin eats pan-seared grubs, tripe soup and the aforementioned wasp paste that caused an adverse reaction when the cameras weren't rolling.

"That night my tongue began to swell up, my mouth was very very sore and I thought I was having an allergic reaction," said Corwin, an Emmy Award-winning anthropologist from the Animal Planet series The Jeff Corwin Experience and Corwin's Quest.

"I realized ... it was all the stingers. The stingers get broken up but the poison in the barbs probably still makes it through. Lots of roughage in this show." Incredibly, Corwin said



Host Jeff Corwin eats questionable foods so you don't have to.

he never once became ill. "Rarely did we ever film or eat or cook in a place with running water, but everything was so fresh and so perfectly prepared that I never once got sick."

Corwin has already start-

ed filming a second season of the series and said they're considering visiting Canada to profile indigenous foods, French-influenced meals and the salmon industry.

THE CANADIAN PRESS

Golden Globes chef to dish out local fare

HOLLYWOOD Now that the award season has replaced the holiday season in Hollywood, buzz is building about best pictures, winning performances, designer gowns and, oh yes, "What's for dinner?"

For your consideration: herb-crusted mozzarella and grilled eggplant salad, braised beef short ribs with artichoke sweet pepper ragout and sauteed sea bass with truffle endive fritto.

This year's Golden Globes menu centres on the bounty of California agriculture, executive chef at the Beverly Hilton, Suki Sugiura says. From the mozzarella-and-eggplant salad to the chocolate-glazed, mandarin-filled dessert, every ingredient comes from the Golden State.

THE ASSOCIATED PRESS

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

Warden & Finch
— 20 Stonehill —
NEW MANAGEMENT
3 bdrms & 3 bdrms + Den
• Completely updated suites
• Brand new kitchens & bathrooms + 2 bathrooms
• Close to EVERYTHING
416.498.8725
aps@prestongroup.ca
prestongroup.ca

UPTOWN DVP & YORK MILLS
1200 & 1202 York Mills
Newly Renovated 2 Bedroom Suites
From **\$1177/mth.**
Close to York Mills & Sheppard Subway
Easy access to 404, 401, 407 & DVP
All new residents enter a draw to win 1 years free rent
Call expires Jan 31/2010 (LIVE RENT FREE UNTIL JAN 31/10)
416-449-9910
RentalsYorkMills@sterlingkaramar.com
www.sterlingkaramar.com

TAKE A VIDEO BREAK
Visit metronews.ca to watch
metrotube of the day
The video everyone's talking about.

ISLINGTON & BLOOR
24 Mabelle/50 Cordova
WALK TO ISLINGTON SUBWAY
• Central Air Conditioning • Rec Centre with Squash, Indoor Pool, Saunas & Gym • On-site Tuck shop, Salon & Dry Cleaners
Bach, Jr 1, 1, 2 & 3 bdrms from **\$795/mth.**
416-239-8529
www.avcanmanagement.com

Pharmacy & Danforth Ave.
1 & 2 bdrms from **\$835**
Utilities included, refreshed suites, close to subway, shops
MOVE-IN BONUS ON SELECT SUITES
9-5 Mon-Fri 12-5 Sat & Sun
416.698.7233 • 416.694.3187
WWW.PRINCESSMGMT.COM

JANE/STEELES
310/320 Niska Road (north york)
FRESHLY PAINTED AND WELL MAINTAINED
Spacious 1, 2 & 3 bdrms from **\$735/mo.**
Walk to York University
Parking Available
Large balconies
Call 416-720-9500

Daniels Gateway Rental Communities™
Brand new downtown east condos
SPACIOUS STUDIO
1 & 2 BDRM SUITES
Starting from \$1175
24hr concierge,
State of the art fitness facility,
Party room, media room,
SkyPark.
CALL TO ARRANGE A PERSONAL VIEWING
416-688-0989

EGLINTON-KIPLING
35 & 53 Waverend Ave.
1 Bdrm from **\$980**
2 Bdrm from **\$1,145**
Immediate & Later
Beautiful tree setting, near schools, TTC, 427/401, airport, shopping, CAC, avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security
1 MONTH'S FREE RENT
APPLY 1450 KIPLING,
S.W. OF EGLINTON 416-231-2003
WWW.PRINCESSMGMT.COM

DOWNTOWN BLOOR & DOVERCOURT
730 Dovercourt
LRG Bach, 1 & 2 Bed Suites
From **\$857/mth.**
Walk to Ossington & Dufferin Subway
Minutes to U of T • Lovely views of the Lake
All new residents enter a draw to win 1 years free rent
Call expires Jan 31/2010 (LIVE RENT FREE UNTIL JAN 31/10)
416-534-1139
RentalsDoverSquare@sterlingkaramar.com
www.sterlingkaramar.com

1 BEDROOM SPECIALS AT ISLINGTON & BLOOR
Now from **\$975/mth.**
25 Mabelle Ave
Bachelors, 2 & 3 bdrms available as well
Walk to subway • Dry cleaner
Weight and exercise room
Indoor pool & sauna
416-239-9554
www.avcanmanagement.com

Appy New Year!
Don't have an iPhone or iPod touch?
No problem, visit m.metronews.ca for news on the move.
Available on the App Store

Service Directory

To advertise contact Ian March at 416-443-4388

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose
• Purchase or re-finance up to 95%
• With rates of historic lows, now is the time to re-finance your home!
• Consolidate cards into one payment
• Self-employed?
• No income qualifying?
• Good, bad or no credit?
• Behind in Mortgage Payments?
CALL TODAY FOR DETAILS
COMMERCIAL VENTURES
416-913-9593
OR 647-273-5626

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
• Low Rates, • No Fees
Bad Credit Welcome
• CREDIT APPROVED
*terms and conditions apply
www.mortgagegenie.org
416-667-9834

Debt Relief
Are you struggling with debts?
Let us help you:
• settle your debts without a bankruptcy
• reduce your debts by more than half
• only one low monthly payment
• no interest, stops garnishment
Free Confidential Consultation
Direct Line: **416-455-7709**
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements
Offices in North York, Scarborough & Mississauga
Tel: 416-665-DEBT

TAKE A BREAK FROM WORK
Visit metronews.ca to watch
metrotube of the day

MONEY PROBLEMS?
No need for BANKRUPTCY
Make one small monthly payment for all your Debts!
Call **310-7700** visit:
Now: (no area code required) www.gta-credit.com

Appy New Year!
Available on the App Store

LEGAL
Criminal Pardons & US Entry Waivers
Call Now for a Free Consultation
416-854-5978
or Apply Online at:
LegalPardons.ca

\$500\$ loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

CAREER TRAINING
CANADIAN BUSINESS COLLEGE www.1rdh.com
DENTAL HYGIENE
1RDH JANUARY 11th
416-925-9929
2 Bloor Street West, 22nd Floor Toronto
For more information on the courses we offer visit:
www.cbstraining.com

SIMPLE (UNCONTESTED) DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
3 9 3 9
Lawyer-prepared and filed for you
Member Better Business Bureau

Life after Dexter

Julie Benz's character on Dexter was gruesomely killed off during the Season 4 finale, but the actress is back in the game with a new role on Desperate Housewives, according to Entertainment Weekly. TVGUIDE.COM



When Friends stick together

These Friends like sticking together.

Courtney Cox and Lisa Kudrow, who starred as Monica Geller and Phoebe Buffay for 10 seasons on NBC's *Friends*, have reteamed for tomorrow's episode of *Cougar Town*, Cox's ABC comedy that earned her a Golden Globe nomination for her role as zany divorcee Jules Cobb. Kudrow guest stars as a

nasty dermatologist who digs her claws into Cobb's ex-husband.

"I get to play a really mean person," teased Kudrow, "so that's really fun."

During a break from filming the episode last November, the duo — who are pals in real life, as evidenced by their unabashed banter — chatted about working opposite each

other again.

Kudrow insisted she would have taken just about any role offered on *Cougar Town*, as long as it didn't require any nudity, something that apparently hasn't been an issue for the 45-year-old star of the show, who has taken it off in the name of laughs on more than one occasion since *Cougar Town* debuted on ABC last Septem-

ber to over 11 million viewers.

"I've turned a corner," Cox said jokingly. "Now that I'm this age, I've decided to go as nude as possible."

"You look great," Kudrow extolled.

"No, Lisa, I'm lit well," Cox retorted.

"Well, I could be on the surface of the sun, and it wouldn't look good,"

Kudrow quipped.

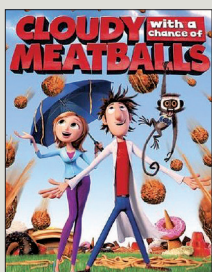
Friends fans should not anticipate a full-blown reunion of the Central Perk denizens. Kudrow and Cox insisted *Friends* co-creators David Crane and Marta Kauffman have never pitched the pair an idea for *Friends: The Movie* despite the success of *Sex and the City* movie in 2008.

THE ASSOCIATED PRESS



Lisa Kudrow

DVD picks



Cloudy With a Chance of Meatballs

Director: **Phil Lord**
Christopher Miller
DO YOU WANT fries with that? Do you mind if they fall out of the sky?

That's the premise of this tasty animation about a nerdy scientist who discovers a way to turn raindrops into food.

It's based on a 1978 children's book by the same title, but co-writers and co-directors Philip Lord and Chris Miller have expanded the story and made it more like a parody of a disaster movie.

Tired of living on the sardines that are the sole food of his island home, inventor Flint Lockwood (voiced by Bill Hader) designs a device that drops an all-you-can-eat buffet from the sky.

It's a dream come true for his hungry fellow inhabitants and also for ambitious TV weathergirl Sam Sparks (Ana Faris) — until the day comes when some pasta makes them all run fasta.

There are equal servings of fun and fright in this clever comedy, which comes with side-dish sermons about the sin of greed and the wisdom of accepting yourself as you are.

The supporting voice cast is quite the smorgasbord of delights, including James Caan, Mr. T., Bruce Campbell, Andy Samberg and Neil Patrick Harris.



Julia

Director: **Erick Zonca**
WHEN YOU THINK of all the junk that makes it into theatres, it's a mystery how a small gem like this suffers the ignominy of a straight-to-DVD release.

Maybe it's the title, which is not only ridiculously generic but also confusing, since there have been many other movies by that handle. Or maybe no one really knew how to categorize a film that presents itself as a thriller, yet takes so many hairpin turns it could almost qualify as a comedy.

Whatever the reason, the DVD release offers a chance to make amends. And also to catch Tilda Swinton in one of her most striking roles, playing the title Julia. She's what your mom would call a loose woman, and a drunk and a liar to boot, but she discovers inner strength when a bungled attempt to exhort cash puts her on the run with a young lad (Aidan Gould).

The plot gets progressively sillier, yet Swinton and Gould make such a believable duo, you're willing to roll over the bumps.

Kudos to French director Erick Zonca, who has been almost silent since 1998's *La vie rêvée des anges* (The Dreamlife of Angels) won him a slew of awards and an anointment as an up-and-comer. The early predictions proved false, but *Julia* rings true — and there's still a chance of an Oscar nod for Swinton that could revive the movie.

Peter Howell/for Metro Canada

In TVtropolis, we now have badass bikers rescuing puppies.

TVTROPOLIS™
REALITY
HIT TV LIVES HERE TOO



Rescue Ink

Tonight 8



Lily Cole is determined to put her catwalk career behind her for good as she wants to concentrate on acting full time. "I'd like to act and not really model so much. I wouldn't want to treat acting as a convenient thing to do now and again," she said. **FEMALEFIRST.CO.UK**

Mix of Six

SHOW

One Hit Wonders, a musical revue that looks at bands that had one hit songs, is being performed at Stage West, 5400 Dixie Rd. stagewest.com

THEATRE

Fiddler On The Roof, starring Harvey Fierstein, continues its run at the Canon Theatre, 244 Victoria St. mirvish.com

COMEDY

Second City presents Shut Up And Show Us Your Tweets, at the 51 Mercer St. location. secondcity.com

HOCKEY

The Toronto Maple Leafs take on the Florida Panthers at the Air Canada Centre. mapleleafs.nhl.com

READING

Zoots Café, 1438 Dundas St. W., hosts the Brockton Writers Series featuring Judy Rebick, White Noise Machine and Kim Fry at 7 p.m.

MUSIC

New Country Rehab performs at the Cadillac Lounge, 1296 Queen St. cadillaclounge.com

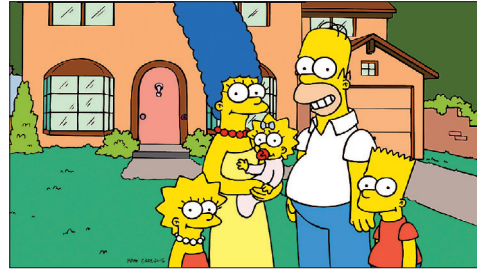
The Simpsons celebrate another TV milestone

To speak of the latest milestone by The Simpsons seems to restate the obvious.

Long before now, enduring life for The Simpsons and its brightly jaundiced folk was simply assumed. What began 20 years ago as a fluke then erupted into a pop-culture juggernaut has continued to spin yarns, spawn characters and lampoon society with no end in sight.

On Sunday at 8 p.m. EST on Fox and on Global TV in Canada, The Simpsons is airing its 450th episode. Once Upon a Time in Springfield will be followed by an hour-long documentary from Morgan Spurlock (30 Days, Super Size Me), fancifully titled The Simpsons 20th Anniversary Special in 3-D on Ice.

During this season, when NBC's Law & Order boasts of having tied Gun-



The Simpsons will ring in episode no. 450 this Sunday on Fox.

smoke as TV's longest-running prime-time drama, The Simpsons has seized the mantle as TV's longest-running scripted nighttime series — period. Ay, caramba!

"I think we could do it for another 20 years, actually," Matt Groening, Simpsons uber-creator, told The Associated Press at a recent Simpsons tribute by Los Angeles' Paley Center for Media. Then he dissolved into giggles.

"Omigod! Another 20? We'll TRY," he chortled. "We'll do our BEST!"

Here's hoping the spectacular ensemble of voice talent keeps talking to the end. After 20 years, Dan Castellaneta remains full-throated as portly, dimwitted dad Homer, Julie Kavner is tower-tressed mom Marge, Nancy Cartwright is lippy first-born Bart and Yeardley Smith is over-mart daughter Lisa.

Of course, these off-screen stars of The Simpsons are well served by visual artistry that, among things, keeps them shielded from the passage of time. The show's sharp and often brilliant scripts also play a key role.

THE ASSOCIATED PRESS

Disgraced governor to star in Celebrity Apprentice

REALITY Former Illinois Gov. Rod Blagojevich will be among 14 contestants on the new season of The Celebrity Apprentice.



Blagojevich

NBC says others competing for their favourite charities include baseball great Darryl Strawberry, singer-actress Cyndi Lauper, TV personality Sharon Osbourne and Olympic gold medalist Michael Johnson.

Blagojevich is charged with scheming to auction off President Barack Obama's former U.S. Senate seat and with other offences.

He was removed from office but has denied any wrongdoing.

Last spring, he was barred from travelling to Costa Rica to compete in another reality show. His wife, Patti, took his place.

The Celebrity Apprentice, hosted by Donald Trump, returns March 14 on NBC.

THE ASSOCIATED PRESS

TV Babies!

"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned \$30,000."

"We need cute babies and toddlers and boys and girls up to 16!"

Phones are open now for parents to list babies and kids. Dial (416)

925-6140

The Simpsons airs Sundays at 8 p.m.

	Vu	SD	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/5/10	265	353	2	TVO	Great Canadian Parks	The Agenda With Steve Paikin	East West 101 "Atonement"	Story of Maths	Agenda-Paikin			
	211	331	3	GTV	ET Canada	Entertainment	NCIS: Ignition (N)	NCIS: Los Angeles (N)	The Good Wife "Infamy"	News Hour		
	215	343	4	OMNI	Two/Half Men	The Office	Omni News: Italian Edition (N)	Vivere V	Omni News: Law & Order: Criminal Intent	Metropia		
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Ron James: Manitoba Bound	CBC News: The National	The Hour	
	214	344	7	CITY	Law & Order: SVU	The Biggest Loser Strenuous bike challenge. (N)	The Jay Leno Show (N)	News				
	212	313	8	CHTV	etalk	Access H.	Blades of Glory *** (2007, Comedy) Will Ferrell.	Law & Order: Special Victims	CTV News			
	218	345	11	CHCH	Teen Sorcery *** (1999, Adventure)	A.J. Cook, Craig Olejnik.	Expect No Mercy * (1995, Science Fiction) Billy Blanks.	News at 11 (N)				
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King	Cold Case	
	213	326	15	SUN	The Insider (N)	Music Speaks	Afrofest	To Serve and Protect	The Insider	Hickcock Pres	King Kaboom	
	-	387	16	CBS	Inside Edition	Access H.	NCIS: Ignition (N)	NCIS: Los Angeles (N)	The Good Wife "Infamy"	News 4 at 11		
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser Strenuous bike challenge. (N)	Scrubs	Better Off Ted	Scrubs	Better Off Ted	News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Scrubs	Better Off Ted	Scrubs	Better Off Ted	Scrubs	News
	219	346	20	ACH-B	Degrassi: Next	Foot, Pregame	Air Force One *** (1997, Suspense) Harrison Ford, Gary Oldman, Glenn Close.	College Football FedEx Orange Bowl - Georgia Tech vs. Iowa. (HDTV) From Miami. (Live)	College Football FedEx Orange Bowl - Georgia Tech vs. Iowa. (HDTV) From Miami. (Live)	College Football FedEx Orange Bowl - Georgia Tech vs. Iowa. (HDTV) From Miami. (Live)	College Football FedEx Orange Bowl - Georgia Tech vs. Iowa. (HDTV) From Miami. (Live)	College Football FedEx Orange Bowl - Georgia Tech vs. Iowa. (HDTV) From Miami. (Live)
	-	-	28	FOX	Judge Judy (N)	Foot, Pregame	Nova (HDTV) (N)	This Emotional Life "Facing Our Fears" (N) (DVS)	PIX News at Ten Tong.	Two/Half Men	The Office	
	-	388	61	PBS	PBS NewsHour	Foot in Grave	90210 "The Porn King"	WBZ News (N)	70s Show	Frasier	Frasier	News 4 at 11
	297	652	330	WPX	Two/Half Men	Family Guy	Law & Order: SVU	KTLA News	KTLA News	Two/Half Men	Two/Half Men	News 4 at 11
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU	CBC News: The National	Larry King Live (N)	Anderson Cooper 360 (HDTV)	MacHeads (N)	Mad Money
	298	653	332	TLA	The Tyra Show	Entertainment	Law & Order: SVU	CBC News: The National	Larry King Live (N)	Anderson Cooper 360 (HDTV)	MacHeads (N)	Mad Money
	502	390	26	NW	Connect Today's biggest stories. (N)	Campbell Brown (N)	Inside the Mind of Google	Biography on CNBC	Sportsnet Connected	Hockey Central		
	500	500	33	CNN	CNN Tonight (N)	Inside the Mind of Google	Biography on CNBC	Sportsnet Connected	Hockey Central			
	509	504	79	CNB	Kudlow Report (Live)	Inside the Mind of Google	Biography on CNBC	Sportsnet Connected	Hockey Central			
	405	417	22	net	NHL Hockey Florida Panthers at Toronto Maple Leafs. From Air Canada Centre in Toronto.	Hockey 2010 IIHF World Junior Championship, Gold Medal: Teams TBA	Reba	Reba	Reba	Reba	Reba	Reba
	400	400	30	TSN	That's Hockey! [2010 IIHF]	Hockey 2010 IIHF World Junior Championship, Gold Medal: Teams TBA	Reba	Reba	Reba	Reba	Reba	Reba
	411	457	58	OLN	Ghost Hunters	Destination Truth	Operate-Repo	Operate-Repo	Dangerous Drives (HDTV)	Pass Time		
	417	406	81	SC	Pass Time	Pass Time	Monster Jam (HDTV) (N)	Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)	Pass Time	
	551	542	25	YV	ICarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	To Be Indie	Frank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House
	602	567	27	W	Supernanny	Dine With Me	Good Naked	How to Look Good Naked	How to Look Good Naked	Look Good	Look Good	Look Good
	570	580	29	MM	Gossip Girl (HDTV)	Love Court	My Date With...	MuchNews: Top Shockers '09	Psychic Kids: Paranormal	Paranormal	Paranormal	MuchOnDem
	615	520	31	A&E	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Magnifica Italia	David Rocco	RIS - Delitti Imperfetti	George Lopez	George Lopez	Lopez Tonight
	700	800	35	TLN	Centovettrine	Sky TG 24	Ranked!	Reba	Reba	Reba	Reba	Reba
	571	581	36	MMM	The Daily Fix	Reba	Reba	Reba	Reba	Reba	Reba	Reba
	575	583	38	CMT	Amer. Funniest Home Videos	Reba	Reba	Reba	Reba	Reba	Reba	Reba
	616	521	39	SHO	Relic Hunter	Live at the Rehearsal Hall	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	ET Canada	Crime Stories
	620	523	40	BVO	Bruce Cockburn	Rich Bride, Poor Bride	Cities of the Underworld	Corner Gas	Name Is Earl	Jeff Dunham	Blue Collar TV	Daily Show
	601	562	41	SNC	Hins Ancient Discoveries	Property Virgin	Million Dollar Listing (N)	Bang. Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	625	548	44	COM	Air Force	22 Minutes	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby
	600	564	46	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)	Bang. Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU	Jerry Maguire (1996, Romance-Comedy)	Monica: Still	Monica: Still
	576	582	49	BET	106 & Park: BET's Top 10 Live	Don't Be a Menace to South Central While Drinking	Lost "Because You Left"	Medium (HDTV)	Teen Mom	End of Leash	Last 10	Tube Tales
	627	528	50	SPC	Stargate Atlantis (DVS)	Lost "Because You Left"	Medium (HDTV)	Teen Mom	End of Leash	Last 10	Tube Tales	Tube Tales
	581	566	52	MTV	Peak Season	After	Crisis	Parent Control	16 and Pregnant	Good Eats	Good Eats	Restaurant
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink	Dog Whisperer	The F Word (N)	Quantum Leap	The View (HDTV)	The Dr. Oz Show (N)
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible (N)	Hallelujah!	When I Laugh	The Ellen DeGeneres Show (N)	Waybuloo	Franklin
	261	394	60	V	Murder, She Wrote	Hallelujah!	When I Laugh	The Ellen DeGeneres Show (N)	Waybuloo	Franklin	Waybuloo	Franklin
	621	527	63	STR	Look-A-Like	TMZ	Missing Groom disappears.	Watchmen *** (2009, Action) (HDTV)	Legally Blonde *** (2001, Comedy)	Legally Blonde *** (2001, Comedy)	Legally Blonde *** (2001, Comedy)	Legally Blonde *** (2001, Comedy)
	553	546	65	TRC	Backyardigans	Night Garden	Waybuloo	Franklin	Waybuloo	Franklin	Waybuloo	Franklin
	526	507	249	VIVA	Cold Case "The Woods"	Missing Groom disappears.	Watchmen *** (2009, Action) (HDTV)	Legally Blonde *** (2001, Comedy)	Legally Blonde *** (2001, Comedy)	Legally Blonde *** (2001, Comedy)	Legally Blonde *** (2001, Comedy)	Legally Blonde *** (2001, Comedy)
	300	601	301	M1	(6:30) Before Tomorrow (2008, Drama)	A Knight's Tale (7:25) Double Vision (1992, Mystery)	How It's Made	How It's Made	Destroyed	Destroyed	License to Drill (N)	Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island	How It's Made	Destroyed	Destroyed	License to Drill (N)	Daily Planet
	605	-	-	FASH	DU Why	Making It	FashionTele	RAW	Canada's Next Top Model	Australia's Next Top Model	Pretty Wicked	Pretty Wicked

critics'corner

How to Look Good Naked Canada

We now have our own home-grown edition of the popular reality series in which women unhappy with their bodies learn to be comfortable in their own skin. Hosted by former "etalk" reporter Zain Meghji, each episode chronicles the journey of one woman as she learns to stop focusing on her flaws and love her body. 10 PM on W



NCIS: Los Angeles

A petty officer's death leads the team to a teenager in Sam's life who may have a connection to terrorist activity. Hetty is concerned about the effect that the workload has on the team. Peter Cambar and Daniela Ruah also star in the new episode "Breach." 9 PM on GTV CBS

Ron James: Manitoba Bound

Ron James lets loose his rapid-fire wit on an audience in Winnipeg. He pokes his share of good-natured fun at Manitoba and its people in this special, but you don't have to be from there to appreciate James' humor. Being Canadian, however, definitely helps. 9 PM on CBC

In brief

RECOVERY Regis Philbin isn't showing any effects from his hip-replacement surgery five weeks ago. Philbin returned to Live With Regis and Kelly by doing a couple of quick dance steps while the audience gave him a standing ovation.

SPECIAL DELIVERY Maggie Rodriguez of CBS' The Early Show is expecting her second child. She announced her pregnancy on Monday's show. Rodriguez said to co-host Harry Smith, weather forecaster Dave Price and newsman Russ Mitchell: "You guys are going to be uncles!" The baby is due in July.

EXPEDITION Emile Hirsch is on his way to Africa to climb the continent's highest peak. The Milk and Into the Wild star is joining Jessica Biel, for a week-long trek up Mount Kilimanjaro. The expedition, aims to use star power to help raise awareness about the need for clean water worldwide.

THE ASSOCIATED PRESS

Kenya'sStyle



Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

Man, I'd take out a full page ad

Though they're not openly acknowledging their reported romance, Chris Pine and actress Olivia Munn definitely looked "on" at The Woods in Los Angeles. The casually dressed couple held court in the back of the dimly-lit bar, people.com reports. **METRO NEWS SERVICES**



Celebrity Buzz

Beatty denies Lothario label in new bio

MEANWHILE, ON JERSEY SHORE, THERE HAVE BEEN REPORTS OF IMPROMPTU BEATY SHRINES Warren Beatty's legendary gold crown for womanizing is about to get some added polish, with this week's publication of Star: How Warren Beatty Seduced America — though the 72-year-old star has already issued a statement though his attorney to refute the book's claims, people.com reports.

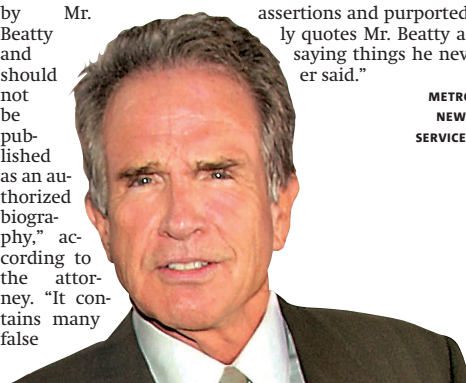
"Using simple arithmetic," author Peter Biskind calculates, accord-

ing to New York Post, Beatty bedded "12,775 women, give or take, a figure that does not include daytime quickies, drive-bys, casual gropings, stolen kisses and so on."

But in a statement to the Huffington Post, Beatty's attorney, Bertram Fields, denies that the book — which the Post reported was authorized — was, in fact, sanctioned by the actor.

"Mr. Biskind's tedious and boring book on Mr. Beatty was not authorized

by Mr. Beatty and should not be published as an authorized biography," according to the attorney. "It contains many false



assertions and purportedly quotes Mr. Beatty as saying things he never said."

METRO NEWS SERVICES

Spice Girl regrets tattoos

SPOTTY SPICE Mel C regrets having tattoos, femalefirst.co.uk reports. The former Spice Girls singer admits she finds it difficult to go unrecognized, particularly when on holiday, because her 11 pieces of body art are so distinctive.

She said: "I do regret a bit having them done. Especially when I'm on the beach. Or when I'm hoping to be incognito and I can't take my coat off in the sweltering heat because everyone will know it's me when they spot them."

METRO NEWS SERVICES



Celebrity tweets

Rivers Cuomo is arguing semantics, **Kylie Minogue** has big plans for 2010, and **Lindsay Lohan** is resolute.

* **@riverscuomo** The expression "gays and lesbians" doesn't make sense because lesbians are gay.

* **@kylieiminogue** Some of my NY resolutions are... to live with full emotion, to follow my heart, to love love love, to be healthy, positive and creative.... AND make my 11th studio album one you will all *!@#*v*e*!!!!

* **@lindsaylohan** To answer everybody's question...My new years resolution is to stop letting the lucky few that have my heart try constantly tear me down.

METRO NEWS SERVICES



Kate cites 'overindulgence' as reason for missed flight

HER 7-YEAR OLD DAUGHTER NOW OFFICIALLY MORE MATURE Kate Moss paid quite the price for missing a flight the day after Christmas. She and three friends reportedly lost \$32,000 US worth of plane tickets to Thailand because she'd overindulged the day before on "turkey and all the trimmings, booze and Christmas pud," a source tells the Daily Mirror.

Fortunately, Moss and

company were apparently able to rebook, as the supermodel was spotted just before New Year's with her boyfriend on a Thai beach.

METRO WORLD NEWS



Nordegren's \$300M Christmas bounty?

I JUST STOPPED FEELING SORRY FOR HER Elin Nordegren is reportedly enjoying at least one part of her separation from husband Tiger Woods. When asked what Woods got her for Christmas, Nordegren reportedly said, "Three hundred million dollars, thank you very much," according to News

of the World.

Sources say it shows she's not interested in reconciling with the golf pro. "She's 100 percent determined to split with Tiger," a source tells the newspaper.

METRO WORLD NEWS



Boyle dishes on Cowell crush

SORRY, SUSAN, YOU'D HAVE TO SHARE HIM WITH HIS EGO Susan Boyle is looking for love in 2010, dedicating the whole year to finding herself a worthy partner — and she wants him to be like Simon Cowell, femalefirst.co.uk reports.

The single 48 year old, who claims never to have been kissed, shot to fame last year and subsequently turned down the chance to look for love on a TV dat-

ing show, following a string of offers from producers.

But Boyle admits she's determined to fill the new year with romance, and will spend her time searching for her perfect companion.

She tells Britain's News of the World newspaper, "I now dream about the



perfect man. Women just want the security of a nice man and somebody to

love you."

When asked what she is looking for in a partner, Boyle admits she has a liking for her Britain's Got Talent mentor, Simon Cowell.

She adds, "I owe so much to him. He knows I have a soft spot for him. Simon (is) my kind of (man)."

METRO NEWS SERVICES

Sheen's mother-in-law confirms death threats

GUESS WHO'S NOT COMING TO DINNER? Despite claiming in a 911 call Christmas morning that Charlie Sheen tried to kill her, Brooke Mueller may be trying to work things out with the actor, 44, us-magazine.com reports.

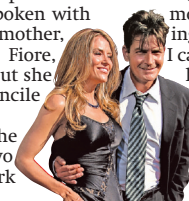
"She hasn't spoken with him," Mueller's mother, socialite Moira Fiore, tells E! News. "But she wants to reconcile with him."

Although she suspects the two are trying to work

things out, "I have mixed emotions about it," Fiore says, adding that Mueller, 32, "won't listen" to what she has to say on the matter.

In Mueller's Dec. 25 911 call, she alleged that Sheen told her, "Your mother's money means nothing. I have ex-police I can hire who know how to get the job done (kill her) and they won't leave any trace."

METRO NEWS SERVICES



Alexa Ray opens up about her depression

NEW SPOKESMODEL Alexa Ray Joel rang in the new year by talking about the "depression" that contributed to her Dec. 5 hospitalization, in which she swallowed a handful of homeopathic pills, popeater.com reports.

She posted notes on Facebook to thank her friends, fans and supporters, adding she wants "to help young girls with something I feel I know a GREAT deal about: Heartbreak-Related Depression."



METRO NEWS SERVICES

Naomi Campbell denies bankruptcy rumours

WHAT ABOUT MORAL BANKRUPTCY? Naomi Campbell's representative has dismissed rumours the supermodel is set to file for bankruptcy, calling the reports "completely untrue," femalefirst.co.uk reports.

The supermodel who has been in talks to front her

own fashion-orientated reality TV show was recently hit by allegations of financial problems after she dropped a lawsuit against a former personal assistant, reportedly citing "litigation exhaustion."

METRO NEWS SERVICES



Jude Law finally ready to meet new daughter

...ON THE MAURY POVICH SHOW? Jude Law has reportedly reached out to the mother of his lovechild in a bid to set up a first meeting with his daughter, femalefirst.co.uk reports. The Sherlock Holmes star became a father the fourth time when American model Samantha Burke gave birth to Sophia in September.

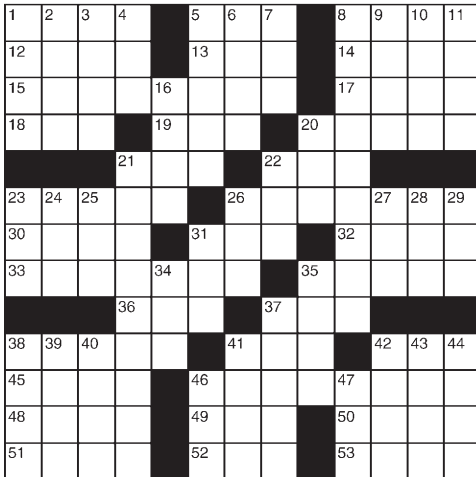
Law, who has three kids with ex-wife Sadie Frost, has reportedly stayed away since the birth and has yet to meet the baby. The love child was said to be conceived after a fling while the actor was working in New York.

METRO NEWS SERVICES





Take Five

For more delicious Metro recipes, visit: metronews.ca/food

ACROSS

1 Anthropologist Margaret
5 Gullible one
8 Doorframe piece
12 Killer whale
13 Sine — non
14 "Birthplace of Aviation"
15 England's Uncle Sam
17 "— Free"
18 Sugar suffix
19 Disencumber
20 Vessel in icy waters
21 Poke
22 Snapshot
23 Noble title
26 Black leopard
30 Baldwin or Guinness
31 Enjoyment
32 "The Music Man" setting
33 Mr. Pike of peak fame
35 Clan emblem
36 Bagel topping
37 Coffee break hour
38 Summarize

41 "Indeed"
42 Adversary
45 Smell
46 Riding breeches
48 Pickle flavor
49 Toss in
50 Break suddenly
51 Remain
52 Festive
53 One way to stand by

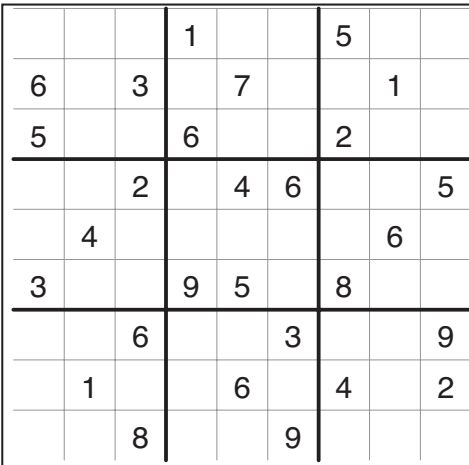
DOWN

1 Voodoo charm
2 Cupid's alias
3 Rue the run
4 Newsmen
5 Filler news item
6 "— Lang Syne"
7 Chum
8 Form of protest at work
9 "Hey, swabbie!"
10 Actress Sorvino
11 Hit on the noggin
16 Cereal choice
20 Family
21 In a playful way
22 Skillet
23 Movie director Luhrmann
24 Hearty brew
25 Confederate soldier
26 Play on words
27 Spicy
28 One of a lamb's parents ...
29 ...and the other
31 "Family Guy" network
34 Prune
35 New Age musicmaker John
37 Cohort of George, Tom and Abe
38 Scepters
39 Tend texts
40 Pop flavor
41 Luke's mentor
42 Treasury
43 Exam format
44 Catch sight of
46 Binge
47 Omega precursor

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	1	3	5	6	9	4	7	8
4	6	5	3	7	8	1	9	2
9	7	8	1	2	4	5	3	6
5	4	6	7	9	1	8	2	3
1	8	9	4	3	2	7	6	5
7	3	2	8	5	6	9	4	1
3	9	7	2	8	5	6	1	4
8	2	4	6	1	7	3	5	9
6	5	1	9	4	3	2	8	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Family Shepherd's Pie

INGREDIENTS:

1 lb (500 g) lean ground beef
1 onion, finely chopped
1 large carrot, peeled and grated
1 celery stick, finely chopped
1 tbsp (15 ml) tomato paste
1 tsp (5 ml) Worcestershire sauce
1 tsp (5 ml) mixed herbs
1 1/3 cups (325 ml) hot beef stock
1 tbsp (15 ml) all-purpose flour
2 lb (1 kg) potatoes, peeled and cut into chunks
63/4 tbsp (100 ml) 1% milk, warmed
2 tbsp (25 ml) butter

METHOD:

1. Heat large, heavy-based pot until hot, then add ground beef and vegetables; fry, stirring occasionally to break up lumps, until lightly browned all over.

Meanwhile, stir tomato paste, Worcestershire sauce and mixed herbs into stock. Sprinkle flour over beef and vegetables. 2. Stir stock into ground meat. Bring to boil, then reduce heat, cover and cook gently 15 minutes. Season to taste. 3. Meanwhile, cook potatoes in boiling water until tender. Drain then mash with warmed milk and butter. Season. Preheat broiler to medium. 4. Spoon meat mixture into large, warm ovenproof dish. Spread mashed potatoes over top and fluff with fork. Put under broiler to brown lightly and crisp top.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



Your mind is a powerful tool and if you think only positive thoughts today something remarkable is sure to happen.

TAURUS

APRIL 21-MAY 21



Someone from a different background or with a different outlook on life will make a big impression on you today.

LIBRA

SEPT 23-OCT 23



There is no point signing up for something you are unlikely to enjoy, so be brave and say No when asked to get involved in an activity you have no interest in.

SCORPIO

OCT 24-NOV 22



Today's Venus-Mercury link means you can charm the birds from the trees. Even rivals and enemies will be well disposed to you over the next 24 hours.

GEMINI

MAY 22-JUNE 21



Other people will respond well to you today, so well in fact that you may be tempted to ask for something you would not expect to get at any other time.

SAGITTARIUS

NOV 23-DEC 21



You don't lack for courage and confidence but if you are going to be successful in your endeavors you need a third ingredient: common sense.

CANCER

JUNE 22-JULY 22



You will have to deal with a relationship issue today, but as Mercury and Venus join forces in your opposite sign the omens are good that you can work it out.

CAPRICORN

DEC 22-JAN 20



It does not matter how busy you may be at the moment, you must find time to have fun. Your sign urges you to get out into the world.

LEO

JULY 23-AUG 23



Don't let other people's criticism get you down. The only reason they are having a go at you is because they envy your abilities.

AQUARIUS

JAN 21-FEB 18



There is someone you want to get close to, maybe for romantic reasons or maybe because you believe they can help with your ambitions.

VIRGO

AUG 24-SEPT 22



There is good in everybody, no matter how disagreeable some people may seem when you first meet them. What happens today will convince you of that.

PISCES

FEB 19-MARCH 20



Try to keep your aims within reason, because if you allow a flight of fancy to carry you away it could be a considerable blow to your ego.

FLIGHT CENTRE *Unbeatable*

Las Vegas Air + 4 Nights
\$195

Circus Circus
INCLUDES accom on the strip. Departs Jan 31/swg/wg.
UPGRADE to 4-star Luxor for \$13 per night.

1 877 923 2248 | flightcentre.ca

Conditions apply. Ex: Toronto. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=summer. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. CNT. REG #4671384

This day in history

1914: The Ford Motor Company announces an eight-hour workday and a minimum wage of \$5 for a day's labor.
1976: Cambodia is renamed Democratic Kampuchea by the Khmer Rouge.
1993: Washington state executes Westley Allan Dodd by hanging (the last legal hanging in America).
1996: Hamas operative Yahya Ayyash is killed by an Israeli-planted booby-trapped cell phone.
2005: Eris, the largest known dwarf planet in the solar system, is discovered by the team of Michael E. Brown, Chad Trujillo, and David L. Rabinowitz using images originally taken on Oct. 21, 2003, at the Palomar Observatory.

MASSAGE THERAPY
BE ON THE JOB IN MONTHS

EVENING CLASSES
STARTING
JAN 2010

CONVENIENT SCHEDULES

- JOB PLACEMENT ASSISTANCE
- FINANCIAL ASSISTANCE (for those who qualify)



REAL PEOPLE
REAL TRAINING
REAL JOBS

Medix School

North York: 416.630.8021 • Scarborough: 416.701.1201
Brampton: 905.487.1163
www.medixschool.ca

HURRY!
OFFER ENDS JAN. 11



LT model shown with team Canada Edition Package¹

\$14,910*

PURCHASE PRICE OFFERS INCLUDE:

- FREIGHT \$1,350 • AIR TAX \$100
- ENVIROMENTAL HANDLING FEE \$29
- VEHICLE REGISTRATION \$10 • OMVIC FEE \$5

NEW \$91[†] AT 4.09%

BI-WEEKLY/84 MONTHS • \$500 DOWN PAYMENT
TAXES NOT INCLUDED

INCLUDES \$1,850 CASH CREDIT

INCLUDES \$1,000 HOLIDAY BONUS**



HWY: 5.4L/100KM – 52 MPG
CITY: 8.0L/100KM – 35 MPG¹

\$17,260*

PURCHASE PRICE OFFERS INCLUDE:

- FREIGHT \$ 1,350 • AIR TAX \$100
- ENVIROMENTAL HANDLING FEE \$29
- VEHICLE REGISTRATION \$10 • OMVIC FEE \$5

NEW \$106[‡] AT 4.09%

BI-WEEKLY/84 MONTHS • \$500 DOWN PAYMENT
TAXES NOT INCLUDED

INCLUDES \$3,350 CASH CREDIT

INCLUDES \$1,000 HOLIDAY BONUS**

2010 CHEVROLET
COBALT LT AUTO

2010 HYUNDAI ELANTRA
I SEDAN

**2010 HONDA CIVIC
DX SEDAN**

AUTOMATIC TRANSMISSION	Standard	Optional	Optional
HEAD CURTAIN SIDE IMPACT AIRBAGS	Standard	Not Available	Standard
AIR CONDITIONING	Standard	Optional	Optional
16" ALUMINUM WHEELS	Standard	15" Steel	15" Steel
REMOTE KEYLESS ENTRY	Standard	Not Available	Not Available
POWER DOOR LOCKS	Standard	Standard	Not Available
HP / TORQUE	155/150	138/136	140/128
POWERTRAIN WARRANTY	5-year/160,000 km	5-year/100,000 km	5-year/100,000 km

WITH More than \$3,000 in additional features than Hyundai or Honda**

**Value of additional features based on dealer pricing. Vehicle comparison is based on 2010 Cobalt LT (1A169/1A137 1SA + MX0), 2010 Civic DX Sedan (FA1E2AEK) and 2010 Elantra L Sedan (D4T

Vehicle pricing is now easier to understand because all our prices include freight and mandatory government levies. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$599 for administration fees and/or fuel charges. In addition, at some dealers, the vehicles in this advertisement are only available with additional features of glass etching, locking wheel nuts, nitrogen in tires, GM tire protection plan, mud flaps, Walk Away Insurance and/or Drive Green Program which have additional costs***



HWY: 5.7L/100KM – 50 MPG
CITY: 7.9L/100KM – 36 MPG^Δ

OR ASK ABOUT **0%** PURCHASE FINANCING FOR 36 MONTHS^{##}

60 DAY SATISFACTION GUARANTEE*

2009 CHEVROLET AVEO LS
\$12,364* NEW \$75⁺ AT 4.09%

PURCHASE PRICE
OFFER INCLUDE:

BI-WEEKLY/84 MONTHS • \$500 DOWN PAYMENT
TAXES NOT INCLUDED

- FREIGHT \$ 1,325
- ENVIROMENTAL HANDLING FEE \$29 • VEHICLE REGISTRATION \$10
- OMVIC FEE \$5

INCLUDES \$2,850 CASH CREDIT

INCLUDES \$1,000 HOLIDAY BONUS**



THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM* • ROADSIDE ASSISTANCE
 • COURTESY TRANSPORTATION

*AND CHEVROLET COMES FIRST. EXCLUDES REPAIRS TO TRACKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.



Redeem your GM Card earnings today.



AIR CANADA VACATIONS



GREAT deals starting at

\$499

*Taxes & other fees (including service charges): \$222

Santa Clara

Barceló Cayo
Santa Maria • 4 ★
All-Inclusive • Junior suite
Jan. 7 • 1 wk.

\$499

*Taxes & other fees (including service charges): \$222
Departure tax: 25 CUC cash, paid locally
Please add \$50 for Sat. departures

Los Cabos

Barceló Los Cabos
Palace Deluxe • 5 ★
All-Inclusive • Junior suite
Jan. 23 & 30 • 1 wk.

\$1199

*Taxes & other fees (including service charges): \$275

Liberia, Costa Rica

Occidental Grand
Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
Feb. 4, 6, 11 & 18 • 1 wk.

\$1569

*Taxes & other fees (including service charges): \$204
Departure tax: 26 USD cash, paid locally
Please add \$50 for Sat. departures

Holguin

Playa Costa Verde • 4 ★
All-Inclusive • Standard rm.
Jan. 7 & 9 • 1 wk.

\$559

*Taxes & other fees (including service charges): \$222
Departure tax: 25 CUC cash, paid locally
Please add \$50 for Sat. departures

Punta Cana

Majestic Elegance
Punta Cana • 5 ★
All-Inclusive • Junior suite
Jan. 10, 17 & 24 • 1 wk.

\$1159

*Taxes & other fees (including service charges): \$306

Saint Lucia

Coco Palm Resort • 3 1/2 ★
Continental breakfast
Kreole standard rm.
Jan. 11 & 18 • 1 wk.

\$929

*Taxes & other fees (including service charges): \$221

Ixtapa/Zihuatanejo

Tesoro Ixtapa • 3 1/2 ★
All-Inclusive • Deluxe rm.
Jan. 16, 23 & 30 • 1 wk.

\$899

*Taxes & other fees (including service charges): \$276

Jamaica

Sunset Jamaica Grande
Resort & Spa • 4 ★
All-Inclusive • Standard rm.
Feb. 2-4 & 8-10 • 1 wk.

\$1199

*Taxes & other fees (including service charges): \$275

Almond Morgan Bay • 4 ★

All-Inclusive
Standard rm. garden/pool view
Jan. 11 & 18 • 1 wk.

\$1629

*Taxes & other fees (including service charges): \$221

DEAL to EUROPE

London
Royal National
Hotel London • 3 ★
Breakfast • Standard rm.
Feb. 3, 4 & 5 • 3 nts.

\$487

*Taxes & other fees (including service charges): \$405

DEAL on CRUISES

Celebrity Cruises¹
Celebrity SummitSM
Southern Caribbean Cruise
Flights to San Juan
Oceanview stateroom, cat. 7
Mar. 6 & 20 • 1 wk.

\$1319

*Taxes & other fees (including service charges): \$272

SOL MELIÁ HOTELS & RESORTS

Puerto Vallarta/ Riviera Nayarit

Meliá Puerto Vallarta • 4 ★
All-Inclusive
Deluxe garden view rm.
Jan. 15, 17, 19 & 20 • 1 wk.


PRIVILEGES
\$829

*Taxes & other fees (including service charges): \$274

Punta Cana

Meliá Tropical • 4 1/2 ★
All-Inclusive
Deluxe junior suite
Jan. 10, 17 & 24 • 1 wk.

\$1199

*Taxes & other fees (including service charges): \$306



Fly in style - Upgrade to Executive Class[®] service


PRIVILEGES
FREE advance seat selection
and exclusive features


Earn up to 7,000
Aeroplan[®] Miles
per member¹

Find us on




Sol Meliá
HOTELS & RESORTS

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Jan. 5 & 9/10, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated. From Toronto - Pearson International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #5003537. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ¹ Celebrity Cruises ships' registry: The Bahamas and Ecuador. ² Aeroplan is a registered trademark of Aeroplan Canada Inc. ³ Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

